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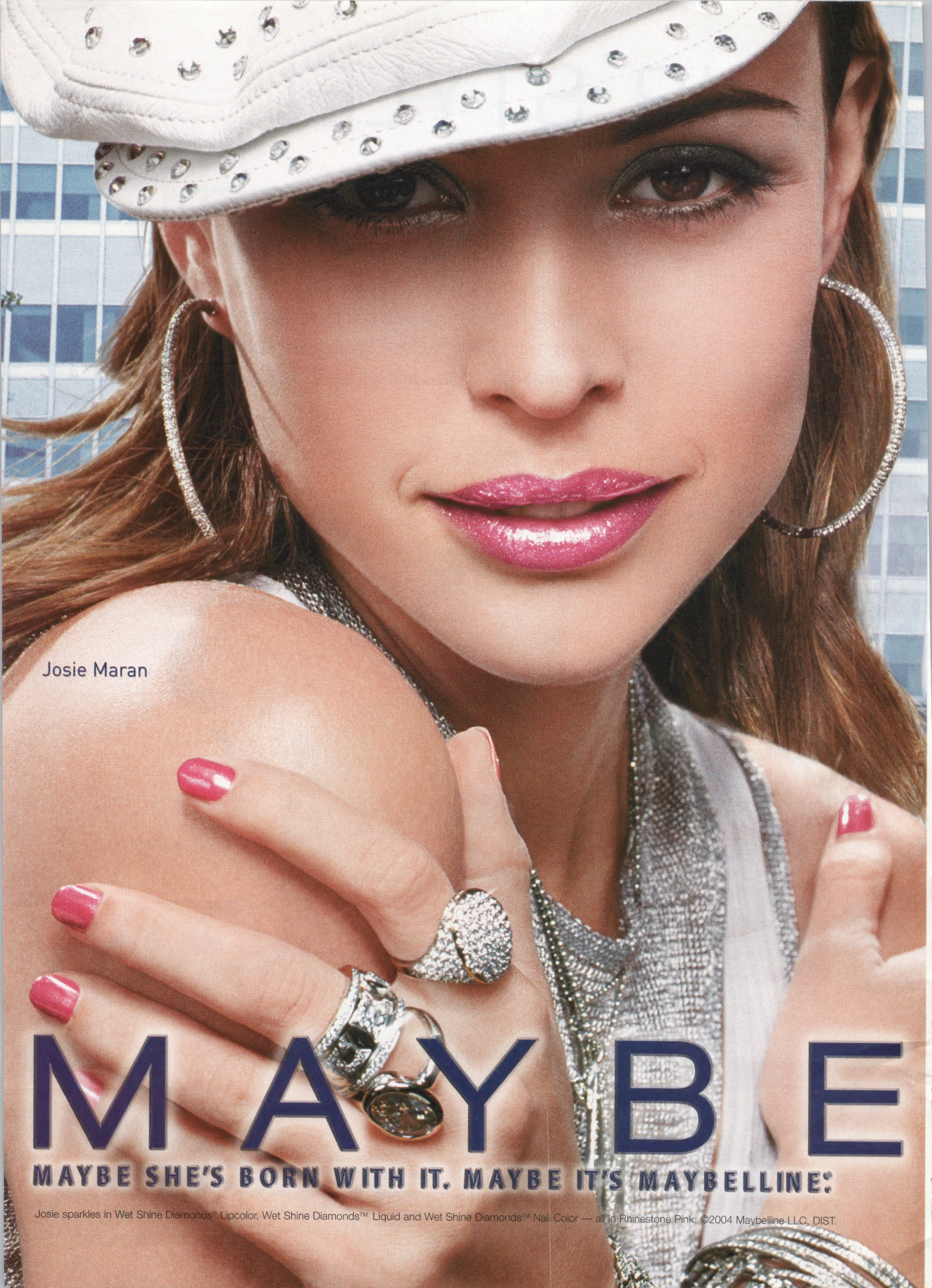
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march 2004

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98 Buff Arms—Fast! | How to tone your arms just in time for sleeveless (and prom!) season.
128 "The Snuggler" | Imagine waking up in bed with a guy you never met. That's what happened to these girls.
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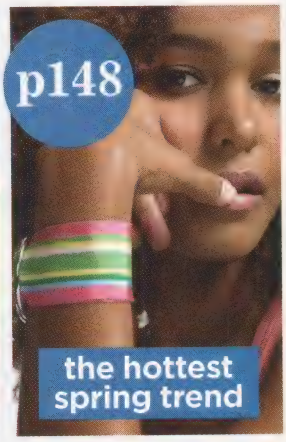

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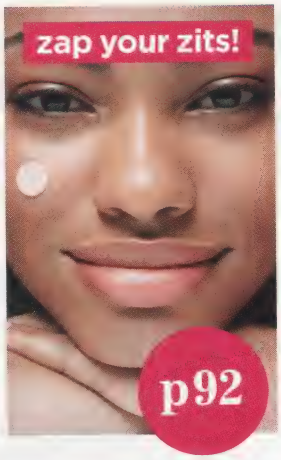

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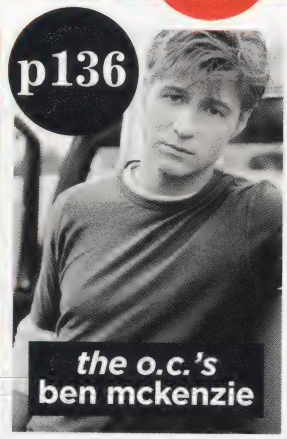

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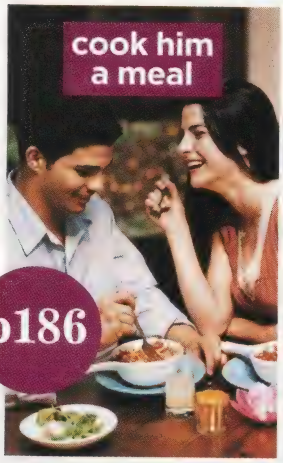

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seventeen.com daily freebies!

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28 — 17 winners! Three nail polishes and lip glasses from Tastease cosmetics by M.A.C {glam}	29 — 5 winners! A pair of Waffle Racer II sneakers from Nike {kick}	30 — 10 winners! A set of two hairbrushes from Continental {shape}	31 — 10 winners! A silver ring from lulet.com {band}			

to enter: Check this calendar every day for your chance to win a new prize! Log on to seventeen.com/freebies and enter the Freebie Phrase of the Day {in red}. Come back to enter as many times as you like, but hurry! Each daily freebie will be live for just 24 hours! Winners will be posted the next weekday by 10 A.M. EST.

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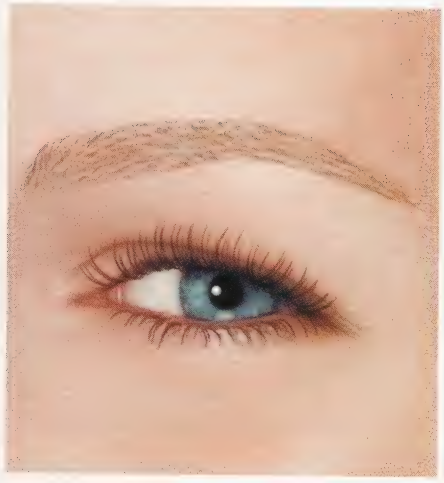

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mail

Here's what you thought (oh yes—good *and* bad) about our January issue.

new year, new fans

I greatly appreciate all of the alterations that have been made to *Seventeen* over the past few issues. It's less trashy! I admit, I used to think that *Seventeen* was a wasteful read, but now that there is a new editor, I have noticed more age-appropriate advice and well-written articles. *Seventeen* is now sophisticated. Well done!!

mary, 15, wheaton, il

Seventeen has been awesome lately! Atoosa is doing a wonderful job, along with the rest of the staff, in making sure the clothing styles are fun, diverse, and sophisticated, and that the models are real. I also love all the true-life stories. These are what make this magazine more than just a fashion mag—it's also a young woman's magazine.

jenny, 17, vista, ca

NOT BARING IT

I was reading your January issue, and I saw "Going Brazilian," where a teenage girl got a Brazilian bikini wax. I would just like to share some wisdom from personal experience. I once got a Brazilian wax for the sake of my ex-boyfriend. Afterward I felt naked, prepubescent, and really uncomfortable in my own skin. I had fallen prey to our society's unrealistic standards of female beauty. As beautiful young women empowered with brains, guts, and willpower, we should embrace our blooming sexuality, hair and all!

wendy, 21, stafford, va

LOVING LIV

I love the look of the magazine—it seems mature, organized, and stylish. I was exceedingly happy to see Liv Tyler as your cover girl! Having her instead of some hooch singer-actress who can't actually do either of those things made me proud to be a subscriber. Liv is talented, beautiful, and normal, like *Seventeen*'s readers. Thanks again; I'm looking forward to this year with *Seventeen*!

katrina, 17, farmington, me

COLLEGE PRO

The letter from Kate in Canada pissed me off. She said you shouldn't write about college because your readers are just in high school. This magazine is called *Seventeen.* It's for girls who are ready for college. Even though I'm excited to go, I still feel lost, and you really help. So thanks!

elizabeth, 18, orangevale, ca

SUCH A DON'T

I'm totally disgusted by your article "Dating Dos & Don'ts." How could you tell readers to dump a guy who asks you to pay for yourself, unless you really like him?! Not all guys are able to pay for the girl every time. This "the guy should always pay" mentality is old-fashioned crap, and given how sophisticated *Seventeen* is supposed be, I'm disgusted that you would advocate such a tired, old-fashioned belief. If *Seventeen* is really this shallow, then I won't be reading it anymore.

dawn, 19, rancho santa margarita, ca

PRICE IS RIGHT

The January issue was great because instead of writing for wealthy New York City residents like some magazines, your articles gave us ideas for what we could do with the clothes we already have, as well as cheap buys that we can find in our malls, rather than expensive designer clothes and stores we've never heard of. Thank you, *Seventeen,* for being more real!

andrea, 14, minot, nd

I was overjoyed when I started looking through your January issue and saw that most of the clothes and makeup were affordable. Other magazines usually feature designer items that no one can afford. Thanks for recognizing that the average teen does not live in a mansion on *The O.C.*!

carly, 15, tyler, tx →

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TRUE HERO?

I was appalled by the article about Jessica Lynch ["A Soldier's Story"]. She was held prisoner by the Iraqis. Oh my God! Big deal! She's just one of lots of people who have heroic stories. There are *so* many people who are *much* braver and smarter than she is, but you don't see them all over the news. She has a book (*I'm a Soldier, Too)*; she's done a million interviews; and if this isn't a way to get rich quick, I don't know what is. Next time I hope to see *real* stories, about people who really have had a tough time, in your magazine.

lorelai, 14, middletown, nj

Thank you for putting the story of Jessica Lynch in your magazine. Ever since I heard that she had been taken as a POW in Iraq, I followed her story, and I kept following it until she was home again. It was nice to see *Seventeen* recognizing her as the true American hero she really is. Thank you again. Tons of love.

lia, 16, lawndale, ca

VEGGING OUT

In your January issue, Oz Garcia makes a thorough plan of a healthy diet ("Your Healthy Eating Plan"). Although I found these meals to be healthy and of realistic portion sizes, I felt that there was too much of an emphasis on eating meat. Every meal choice for lunch and dinner included some variety of meat, poultry, or fish. Being mainly vegetarian myself, I found it almost impossible to follow this plan without sacrificing my belief that one should omit meat from the diet. *Seventeen* usually gives helpful advice and tips on a wide range of topics. The next time you decide to feature an eating plan, I would like to see a vegetarian menu in addition to the one that includes meat. I'm sure that all of us vegetarians will indeed be very happy if you do.

jennifer, 16, hinsdale, il

GOOD SPORT

I never miss an issue of *Seventeen*. In your January issue I really liked the new foldout health section ("17 Trainer: Fitness"). Now I have my own workout poster to pin up in my workout room. It gave me some great moves to try. Thank you, *Seventeen*!

lee, 17, markham, ny

NEWS FLASH NEEDED

I would like my old *Seventeen* back! Articles that question the world's morals and values are what I like to read about. The May 1999 *Seventeen* included a column on the subject of teen refugees surviving wars. Also, in the July 1999 *Seventeen* you ran a column about teens living with AIDS. Granted, newspapers can also give worldwide news stories, but a teenager wants to read stories of such complexity in a magazine that will relate those harsh subjects to a teenager's life. News columns are dry, and the great thing *Seventeen* did was present the matter in an interesting, stimulating way. As the kinds of columns have changed in your magazine, the number of pages have lessened too. To pay $2.99 for a magazine that is 138 pages instead of the 218 pages that it used to be is ridiculous. Also, most of the issues in recent months have ads all over them. I used to buy *Seventeen* every first of the month. Now I rarely ever buy it. Please make *Seventeen* into the magazine it used to be, because change isn't always good.

rita, 17, elk grove, il

Editors' note: We totally hear you, Rita—and we agree. Many of our changes in the "new" *Seventeen* will include going back to the "old" *Seventeen*—so you'll notice a lot more news-related stories. Check out our new "Make a Difference" column on page 120, as well as "Election '04" on page 126.

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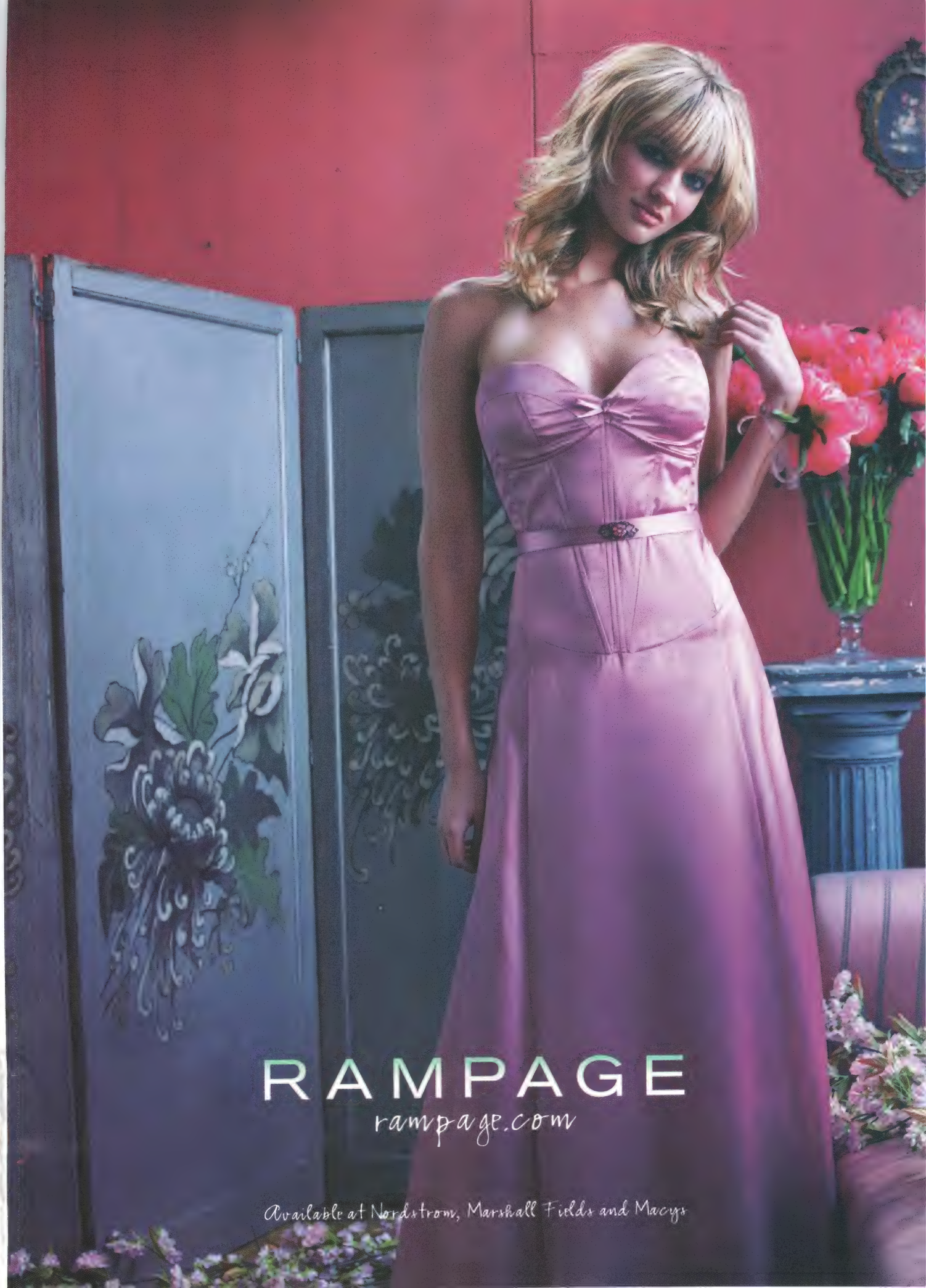
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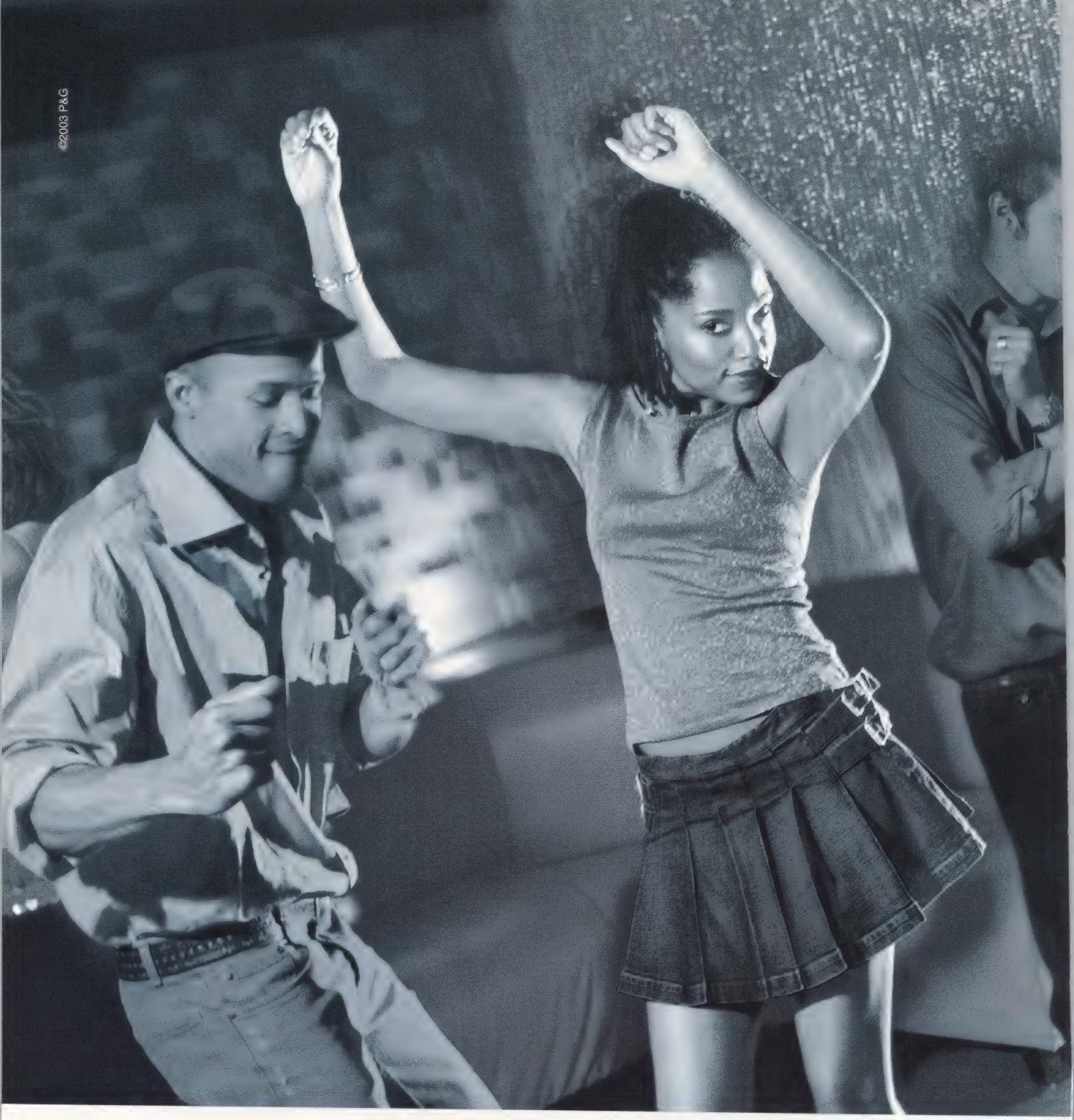

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fun stuff

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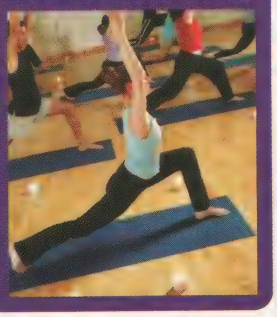

freebies for you!

We're celebrating *Seventeen*'s 60th birthday *all year* with giveaways at **seventeen.com/freebies.**

perfect skin—FREE!

The first 1,000 of you to enter on March 17 will win this **Neutrogena RapidClear Acne Eliminating Gel** (worth $6)! Remember: The **17th** of **each month** is *Seventeen* Free-for-All Day at **seventeen.com**!

win a digital camera

Veo will give 10 of you this $70 Mini Capture Digital Camera that's small enough to fit on your key ring! Enter starting March 1.

WEB Enter to win a new prize every day at seventeen.com/freebies

STILL LIFE: JEFF HARRIS. CAMERA: COURTESY OF VEO. ALL OTHERS: COURTESY OF CANYON RANCH.

traumarama

how embarrassing!

True tales of extreme humiliation.

gettin' down!

"Finals were ending, so my friends and I went out to celebrate. We were at a restaurant, waiting for people to arrive, when a waiter asked us to move to one side. He wanted to open a trapdoor under our feet that led to the basement. I saw my friends walk in, so I started to run to them—except I fell through the trapdoor! I hit the floor below with a huge thump! The waiter rushed down to make sure I was okay, but *everyone* saw."

DROPPING BY Next time she tours the basement, she might want to try taking the stairs instead.

lowlight

"I was studying at the library during lunch one day because I had a huge calculus test during the next class period. I was rushed for time and trying to eat my sandwich while reading over my notes. I put my hand in my backpack to reach for a highlighter, felt around, and grabbed something plastic. As I started to highlight, I looked down and realized that I had grabbed a plastic-applicator tampon! It had come out of its wrapper because it had been in my bag for so long. I was mortified, and as I began to look around to see if anyone had noticed, I saw a tour going past me of teachers from another school who were checking out our brand-new library. They must have thought that I was totally *nuts*!"

pickup games

"I had a major crush on this Division I basketball player who goes to my college. He was a friend of a friend, and I worked up the nerve to leave a message on his school voice mail to wish him good luck in the next game. Unfortunately my first three attempts at leaving the perfect message didn't go well, so in the middle of the message I would hang up, thinking that it was automatically deleted because I didn't hit the # key to send it. The fourth time was the charm, and I was really proud of myself for being so bold—until a few days later when my friend called to ask me why I had left the basketball player four crazy messages! Needless to say, he never bothered to call me back."

hide-and-peep

"My friend and I were hanging out at her house one day, and we got stuck babysitting her younger cousins, so we decided to play hide-and-seek. We all split up, and I was hiding in the shower when I heard someone come into the bathroom. Thinking it was my friend coming to find me, →

ILLUSTRATION: MEGAN HESS. ADDITIONAL REPORTING: MELISSA MANSOUR AND REBECCA SOSA.

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I stayed really quiet and didn't move a muscle. Then I heard the sound of a boy going to the bathroom. I peeked around the curtain and saw her dad taking a pee! I started cracking up in absolute horror, and when he heard me, he whipped around, sending a *shower* in my direction! I freaked and ran out of the bathroom. I haven't been over to her house since that happened."

slip 'n' slide

"I had to go to the gynecologist for the first time, so I was really, really nervous. I went to the clinic to have the internal exam done, and I just wanted everything to be over and done with as fast as possible. The doctor was a young man, which made me even *more* nervous, but there was also a female nurse in the room, so I thought, Okay, I guess I can deal with it. Well, he put the speculum inside me, and then he turned around to get something on the counter behind him (leaving the speculum cranked wide open in me, of course!). All of a sudden I felt my muscles contracting and the speculum began slowly sliding out. I was so freaked out, but there was nothing I could do about it! And then, without any warning—*pop*! The speculum flew out and across the room, almost hitting the doctor in the head! I wanted to die. Both the nurse and the doctor told me not to worry, that it happens all the time, but come *on*! Tell me they didn't have a good laugh about it after I left!"

brotherly love

"One day I was hanging out with my friends at the mall after school, and we decided to meet up with this group of guys we usually hang out with, including the guy I really like. We were all hanging out, having a great time, and everything was going well →

17 INTERN'S HORROR OF THE MONTH!

Rebecca Sosa, 18, Grand Prairie, TX

price check

"I'm an intern at *Seventeen*, where everyone dresses really nice. One day I was rushing to work, so I left without doing my final check in the mirror. I walked out of my dorm, through the streets of New York, and onto the subway without talking to anyone. When I got to work, I was called in by Atoosa's assistant, Charlene. Char gave me an assignment for the day, and as I headed out she shrieked, 'Honey, did you know you still have your price tag on your sweater?' I felt the turtleneck collar of my sweater, and sure enough I could feel the cardboard tag hanging out. In my morning rush I had forgotten to cut it off! To make matters even worse, the tag had big letters that said SALE $10. I had just announced to the world that I didn't use my mirror in the morning *and* that I was a bargain shopper!"

PHOTO: SALEEM RESHAMWALA.

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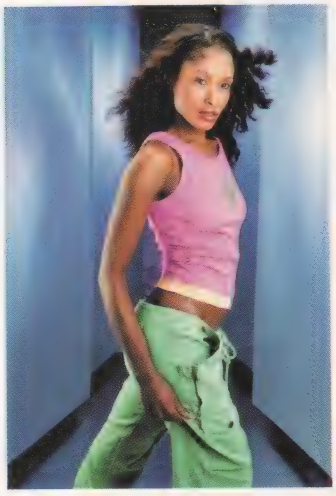

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So get out there and get moving! Check out VERBnow.com to find more fun games you and your friends can play.

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with me and my crush—until this other group of girls came up to 'our' guys and started talking to them. All of my friends were pissed, and *I* was *really* annoyed because this one girl went *right* up to talk to my crush! So I went up to her and was like, '*Excuse* me!' She turned around and said, '*What*?!' So of course I was like, 'What are you *doing*?' and she said, 'I'm talking to my *brother*!' Oops. I turned around really fast—I felt so bad!"

"He blurted out, 'Your feet are making me nauseous—move them right now!'"

caller ID

"One of my best friends is this guy Paul. I've never liked him that way, but his brother is *so* sexy! One day I called up Paul to chat, and when he answered the phone, I immediately started talking about how hot his brother looked when I saw him at the mall earlier that day. I was talking about how cute his butt looked in his jeans and how he had such pretty eyes, and I just kept going on and on until I realized my friend wasn't saying anything. I thought that was weird, so I was like, 'Dude, you *need* to hook me up with him—are you listening?' And he said, 'Paul's not here right now. Do you want me to have him call you?' *I was talking to his hot brother!* I couldn't believe it—they sounded *exactly* the same on the phone! I was so embarrassed that I just hung up really fast and then didn't dare call Paul's house for at least the next month."

rocket scientist

"Last year in school I said something so dumb I'm *still* not over it. I was in this really hard physics class, and one day as we were getting ready for a big exam, I was feeling very stressed out. My teacher was going over an equation and filling the board with all sorts of obscure symbols and numbers, deltas, lambdas, and God knows what else. I was trying to keep up, writing everything down in my notebook and getting really confused. Finally I raised my hand and asked, 'What does *if* stand for?' Everyone in the class started to laugh. '*If,* Allie,' my teacher said. '*If* stands for the word *if*.'"

athlete's foot

"One day I was running late after gym class, and I had to get to math, where the teacher is really strict about us being on time. I didn't have time to change out of my gym sneakers, and to make matters worse, I wasn't wearing any socks and my feet were all sweaty from running track all period. Now it just so happens that there are several hot upperclassmen in my math class, and I *especially* have a crush on the guy who sits in front of me. I made it to class with seconds to spare, and as our teacher started going over our homework, I leaned back in my chair and put my feet on the bottom bar of the chair in front of me. All of a sudden the hot guy started looking around the room and sniffing. After a few minutes of this, he realized the smell was coming from underneath his chair, and he looked down and saw my feet! Then he blurted out, 'Your feet are making me nauseous—you have to move them right now!' *Everyone* in my class heard him say that and started laughing—including the teacher! I was so mortified." 17

WEB Share your traumas at seventeen.com/traumarama

Made possible by the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention.

quiz | popping the question

should you ask him out?

Find out whether it's time to make your move.

BY susan campbell, ph.d., and korey karnes

HER TURN: Now that she's on *The Bachelorette*, Meredith is the one doing all the asking.

17 TIP: If he says no . . . just smile and say, "Thanks for being honest." And be proud—you respect yourself enough to go for what you want. Look at it this way: You can draw on your newfound courage next time you've got a tough task ahead of you.

start here! Add or subtract points for every true statement.

1. In the last two weeks you've caught him staring at you more than twice. (+2)
2. He broke up with his girlfriend within the last five days. (-4)
3. He still hasn't asked anyone to prom. (+1)
4. You've never talked on the phone. (-2)
5. He touches your arm whenever he's talking to you. (+3)
6. If he says no, you will be completely mortified. (-4)
7. You've heard through the grapevine that he likes you. (+4)
8. You've heard through the grapevine that he likes someone else. (-4)
9. He has initiated a conversation with you more than once in the past week. (+4)
10. When you guys talk, he says things like "We should see that movie." (+3)
11. You have no problem taking risks. (+4)
12. He seems pretty confident (but you've never talked to him). (-2)
13. He looks directly into your eyes when you talk. (+2)
14. He's in your close group of friends. (+1)
15. He always seems to be hanging around you at parties. (+2)
16. You touched him once—and he pulled away. (-3)

get your score! Let your points lead you to your next step.

ASK HIM NOW (13–26)
All signs say that this guy likes you. So the next time you're talking about movies or a party someone's having, ask, "Want to go together?" Or if you don't know him well, find out one of his interests (like a favorite sport or band) and come up with a plan that relates. Then try to walk away with a date and time. Lucky him!

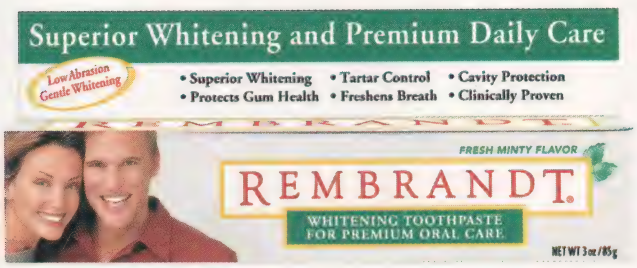
WAIT TWO WEEKS (1–12)
There's great potential for success here, but one of you isn't quite ready yet. Whether you're already friends or not, subtly show your interest: Smile at him in the halls, talk to him in class, say hi to him at a party, or casually touch him when you're talking. In two weeks take this quiz again to see if you've gotten more points.

THINK AGAIN (-19–0)
Right now the vibe just isn't right. Maybe you're too shy or he doesn't know you well enough. If you truly think he's for you, follow the advice in "Wait Two Weeks" and take the quiz in a month. Just keep your mind open to other guys—a great one may be right in front of you, but you're too busy staring at what's-his-name to notice!

WEB Is he looking for love? Take the quiz at seventeen.com/quizzes

PHOTO: © 2003 ABC, INC. SUSAN CAMPBELL IS THE AUTHOR OF *TRUTH IN DATING* (HJ KRAMER/NEW WORLD LIBRARY, 2004); WWW.TRUTHINDATING.COM.

The visibly glossier white. Rembrandt white.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Paramus, NJ 3/24
Garden City, NY 3/25
Orlando, FL 4/1

See stores for details.
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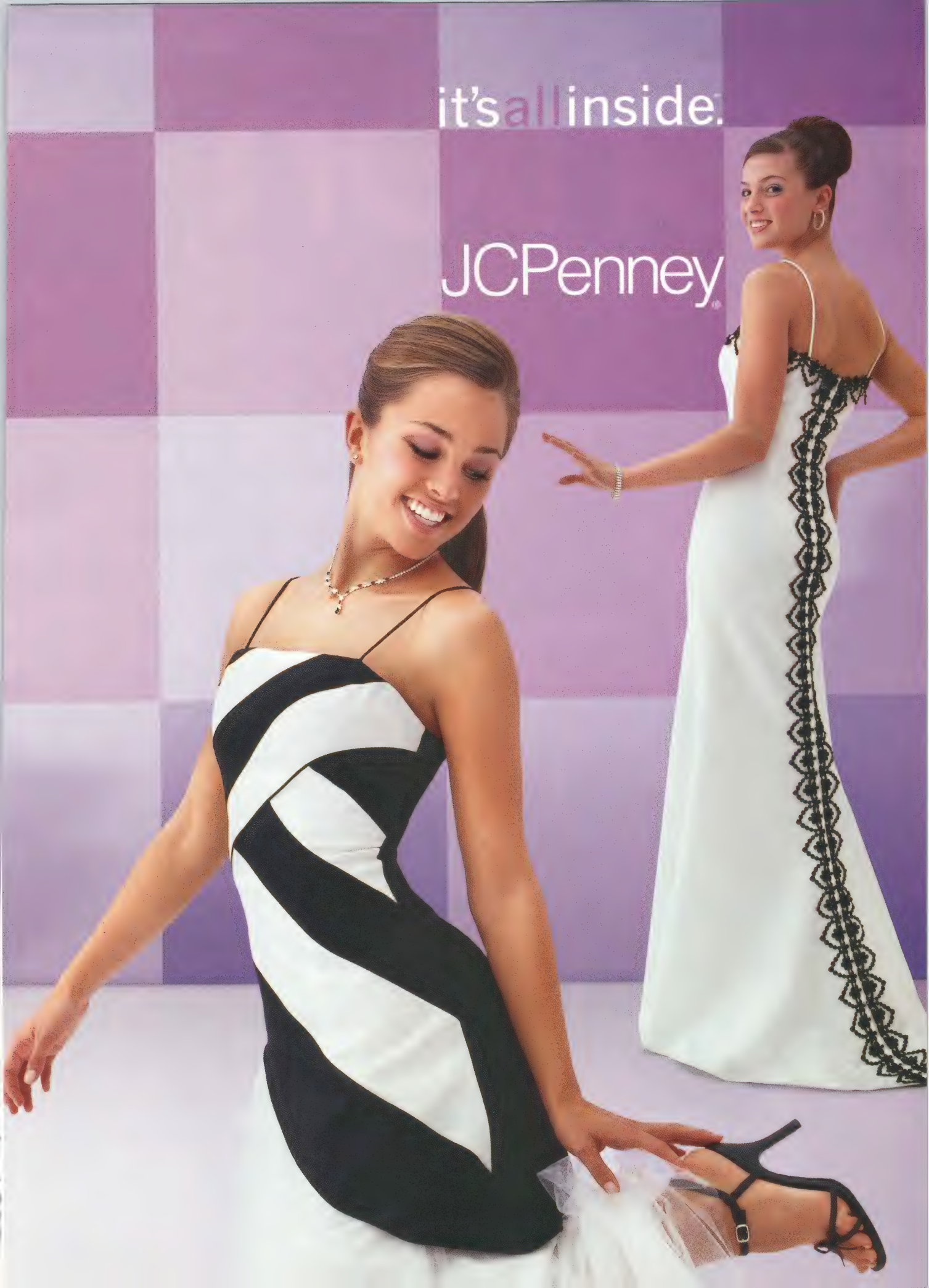
Left to right: Scene Pink 2 Piece Dress 8232, Masquerade Black and Pink Dress 8488, Delani Black and White Dress 8061, Betsy and Adam Black and White Dress 8077. Extended sizes (3-18) available. Visit JCPenney.com/prom


it's all inside.
JCPenney

fashion

"Everyone at this school is amazingly talented. It blows you away!"

chandra, 23, architecture major

STYLIST: NICOLE FASOLINO. HAIR: BRIAN PERRY. MAKEUP: CATAANDA "CJ" JAMES AND EARNESTINE COUNCIL. ADDITIONAL REPORTING: DENISE CALDWELL.

style capital

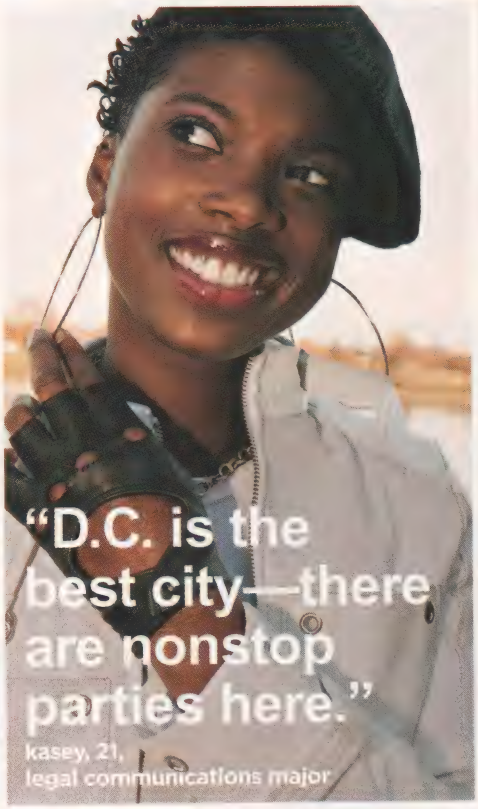
At Howard University in Washington, D.C., the trademark look is pure urban chic.

PHOTOGRAPHS BY jennifer livingston

from left: patricia, 18, political science major

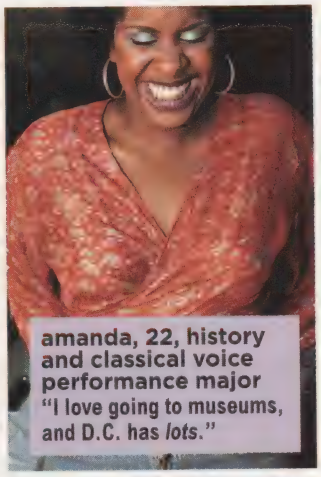
serita, 22, television production major

"I've always gone to mostly white schools. Howard's a great change," says Serita.



"D.C. is the best city—there are nonstop parties here."

kasey, 21, legal communications major



amanda, 22, history and classical voice performance major

"I love going to museums, and D.C. has *lots*."

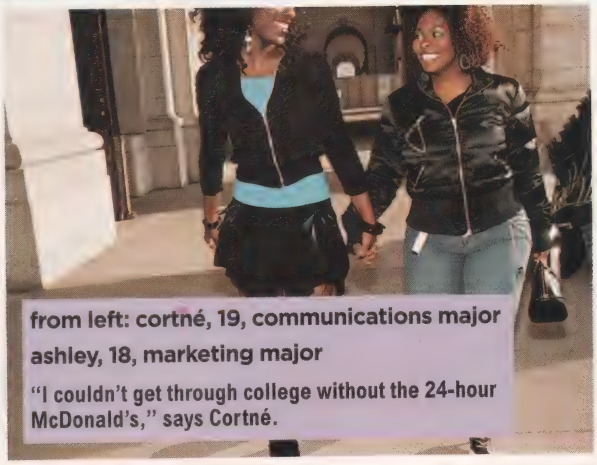
from left: nil, 20

dakarai, 21

william, 19

bryan, 19, all business majors

"Freshmen in the business school have to wear a suit two days a week," says Bryan.



from left: cortné, 19, communications major

ashley, 18, marketing major

"I couldn't get through college without the 24-hour McDonald's," says Cortné.

howard u. stats

- Founded: 1867
- Undergrads: 7,300
- Most popular majors: Biology, psychology, management, and political science
- Average SAT score: 1080
- Male-female ratio: 35% men; 65% women
- Mission: To provide an exceptional education at a reasonable cost, particularly to African-Americans and other historically disenfranchised groups.

TO FIND OUT MORE, LOG ON TO HOWARD.EDU!

school zone | howard university

jennifer, 19, broadcast journalism major
"I'm the style editor of *The Hilltop* [the school paper]."

"My mother taught me how to be a classy diva!"
Dawn, 21, sociology major

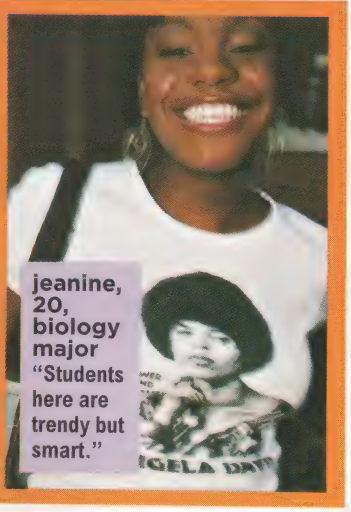
fatima, 25, theater arts major
"I enjoy shopping in Georgetown."

TREND ALERT! Vintage face T-shirts are huge.

oshun, 18, anthropology major
"I just wash my hair and let it go."

maya, 21, theater arts major
"My passion in life is writing."

kristina, 18, film major
"Def Jam offered me a record deal, but I came to Howard."



jeanine, 20, biology major
"Students here are trendy but smart."

zahra, 19, journalism major
"I work at a horse stable on the weekends."

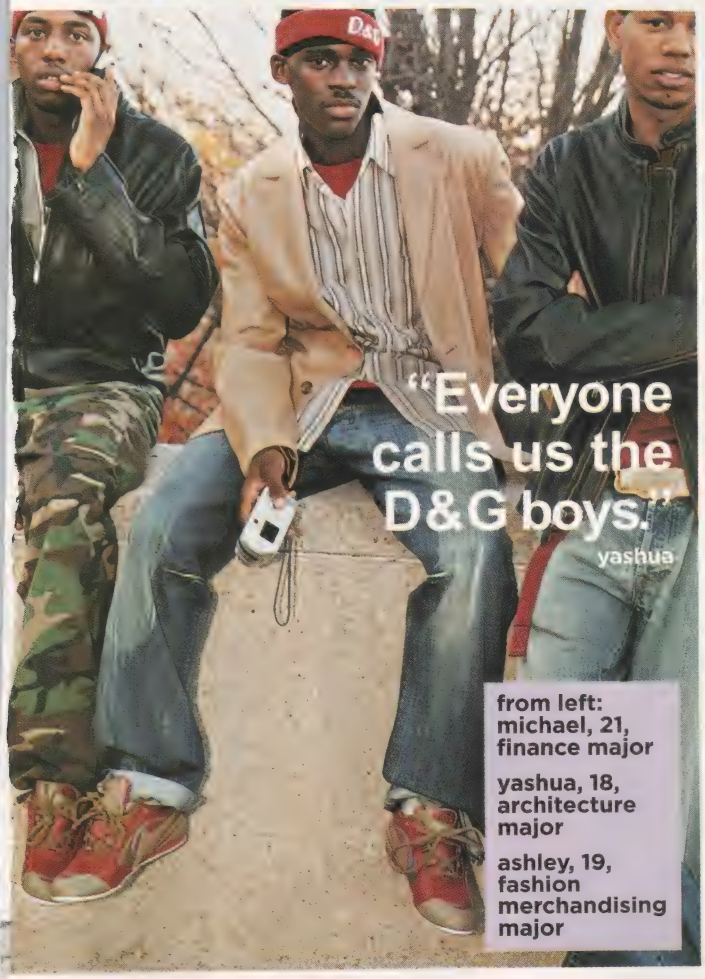
howard trivia

- Howard belongs to the Historically Black Colleges and Universities network. 86% of students are African American; 2% are caucasian.
- P. Diddy, Ananda Lewis, Toni Morrison, and Thurgood Marshall went here.
- The Entertainment Power Players is a student group that gets hip-hop stars to appear on campus.
- D.C. attractions and shops are minutes from campus.

from left: angelique, 22

tiffany, 22, both fashion merchandising majors

Their not-so-secret passion? "We love Beyoncé!"



from left: michael, 21, finance major

yashua, 18, architecture major

ashley, 19, fashion merchandising major

tomi, 21, fashion merchandising major
"Accessories make all the difference!"

norell, 18, chemical engineering major
"My favorite restaurant's the cafeteria—it's already paid for!"

justin, 23, graphic design major

tia, 20, history major

"When you're having a bad day, your other half can cheer you up," says Justin.

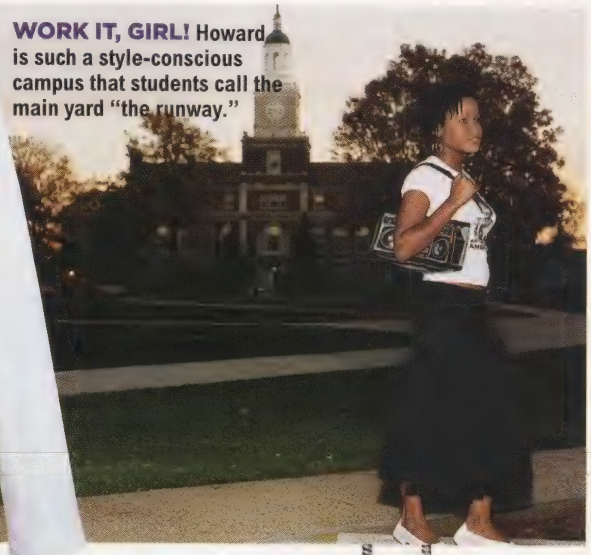
SEVENTEEN SUMMARY Howard is a midsized urban school with a strong campus identity and a very social, stylish student body.

WEB For more Howard University styles, visit seventeen.com/fashion

d.c. essentials

Here's what *you* need to get the hot, street-smart vibe that's everywhere at Howard University.

graphic tee
Sizes S–L, Catch a Fire, $42, catchafireclothing.com



WORK IT, GIRL! Howard is such a style-conscious campus that students call the main yard "the runway."

WHAT'S HOT ON CAMPUS

1. The Punch Out (The campus nosh pit)
2. Beyoncé!
3. Anything Von Dutch
4. Shopping in Georgetown
5. Jay-Z's *The Black Album*
6. '80s accessories
7. Bowling at the student union
8. Fur (faux!)
9. Negril Eatery for Jamaican food
10. Erykah Badu

big bangle
Urban Outfitters, $14, Urban Outfitters stores

long earrings
Icing by Claire's, $7, Icing by Claire's stores

bright shoes
Sizes 6–10, Unlisted by Kenneth Cole, $79, 800-KEN-COLE

cuffed jeans
Sizes 1–13, Levi's, $58, levi.com

jagged mini
Sizes S–L, Poison Ivy, $29, Marshall Field's

tote bag
Von Dutch, $130, Nordstrom and goclothing.com

PHOTOS: JENNIFER LIVINGSTON. STILL LIFES: JEFF HARRIS.

Start

tote with bonus flip flop, suggested retail price $34 available at Macy's West, Hecht's, Carson Pirie Scott, and The Bon Marché

q&a | style

fashion fixers

Body Special! Find the fit that flatters you.

Challenge us with your most urgent fashion questions! We've got the answers.

1

Alicia Keys

Jeans (sizes 1–15), JLO by Jennifer Lopez, $69, shopjlo.com

Q I have a little waist and an athletic butt and thighs. Who makes jeans that'll fit my thighs but won't be big on my waist?

ashleigh, 15, lansing, mi

A Many companies, including JLO by Jennifer Lopez, make basic jeans (see above) that are specifically cut to sit on your hips, avoiding your waist altogether. This way you don't have to compensate for the size difference by buying the next size up and cinching in extra fabric with an uncomfortably tight belt. For a newer, even more flattering shape, check out J.Lo's superwide-leg pants ($69, shopjlo.com). The flared hems will help balance your butt and thighs.

2

Paris Hilton

Bra (sizes 32A–38C), Gap Body, $32, Gap Body stores.

Q Where can I find a discreet bra that is made for girls who have very small bust sizes? I'm an AA, and I love to wear cute spaghetti-strap tops, but I do want some coverage.

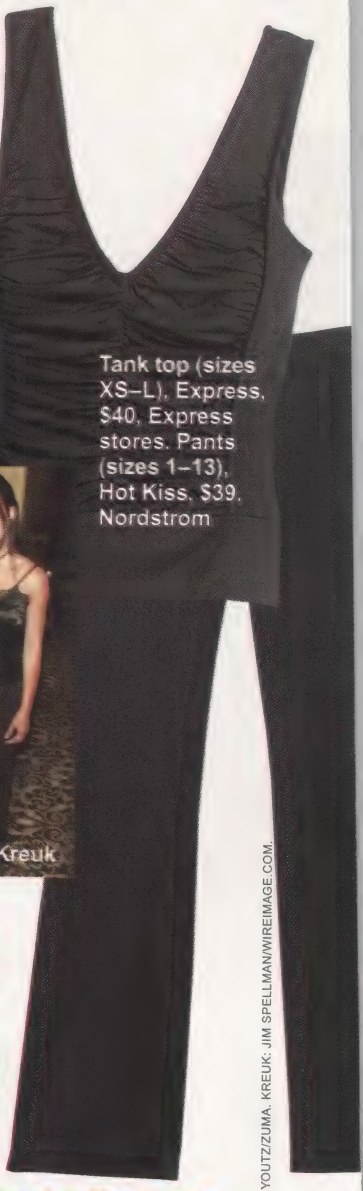
katherine, 18, oklahoma city, ok

A Good question! When you're wearing strappy tops, the right bra can do a lot to boost your shape—even if you don't actually *need* one for support. Even though you're an AA, you may want to try an A-cup with subtle padding—that'll give you shape without going overboard. For spaghetti-strap tops, try a bra with clear straps like the Gap's (above), which will give you a like-wearing-nothing look on the shoulders. Or pick a convertible bra, meaning you can wear it with straps or without, for maximum flexibility.

17 TIP: Make sure to buy a light, soft padded bra, not one with stiff foam inserts, which can add unnatural-looking bulk to a smaller bust.

3

Kristin Kreuk



Tank top (sizes XS–L), Express, $40, Express stores. Pants (sizes 1–13), Hot Kiss, $39, Nordstrom

Q I'm 5'3" and a little bit stocky—not fat, but not skinny. What can I wear to look taller and thinner?

darcy, 18, brooklyn, ns, canada

A The easiest way is to invest in classic black pants and a top. Monochromatic looks (like Kristin Kreuk's, above) give the illusion of a longer shape by creating a continuous line of color from your shoulders to your toes. (And black is especially good at creating a sleek silhouette.) For extra height, pick trousers that are long enough to hide high heels.

STILL LIFES: JEFF HARRIS. KEYS: LAWRENCE LUCIER/FILMMAGIC.COM. HILTON: VAUGHN YOUTZ/ZUMA. KREUK: JIM SPELLMAN/WIREIMAGE.COM.

WEB Submit *your* fashion questions at seventeen.com/tellus

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i love my...

Tell us your favorite body part and we'll show you how to make it really stand out this spring.

LEGS

The new flippy mini is a fun way to go ultrashort without looking cheesy.
Skirt (sizes 1–13), It Jeans, $34, Nordstrom

Rebecca, 18

Chloë Sevigny

Amanda Bynes

Beyoncé Knowles

← A classic A-line, just a bit shorter than usual, frames and flatters long legs.
Left: Skirt (sizes XS–L), DKNY Jeans Juniors, $59, select Macy's and select Bloomingdale's stores

→ An uneven hem flounces around your legs, drawing attention to them.
Right: Skirt (sizes 0–10), Bebe, $69, select Bebe stores

MODEL PHOTOS: KEVIN STURMAN. STYLIST: NICOLE FASOLINO. HAIR AND MAKEUP: LIVIO ANGILERI AT ARTISTSBYTIMOTHYPRIANO.COM. STILL LIFES: CHRIS COPPOLA. SEVIGNY: BILL DAVILA/FILMMAGIC.COM. BYNES: FRAZER HAMILTON/GETTY IMAGES. BEYONCÉ: FILMMAGIC.COM. ON REBECCA: TOP (SIZES S–L), SISLEY, $68, SELECT SISLEY STORES. SHOES (SIZES 5–10), CARLOS BY CARLOS SANTANA, $89, SHOES.COM.

→

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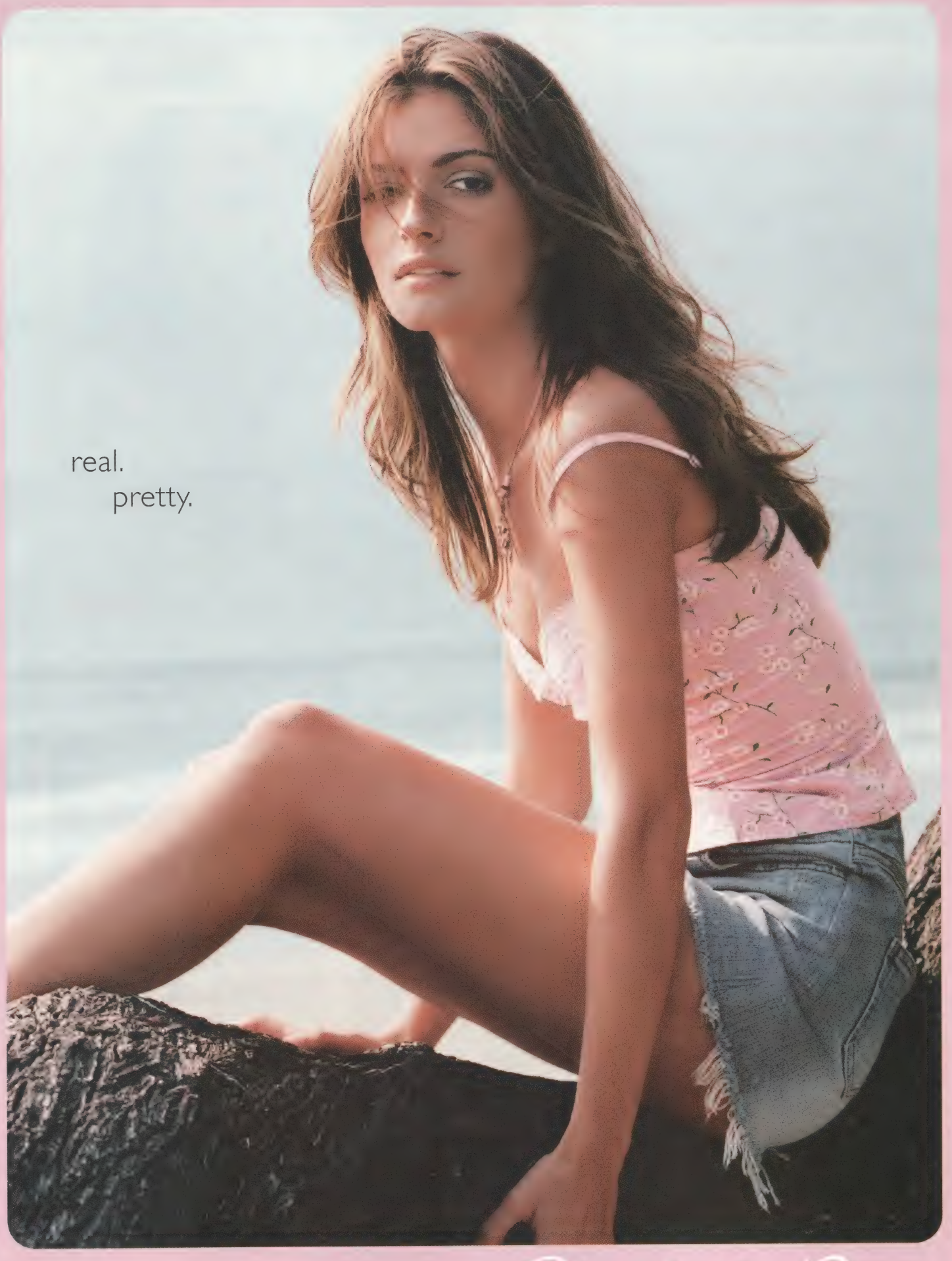

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perfect fit

Body Special! The best trends for your shape.

SHOULDERS

A long-sleeved, off-the-shoulder top is bare where you want it to be but keeps arms covered.
Shirt (sizes S–L), Lucky Brand, $35, Lucky Brand stores

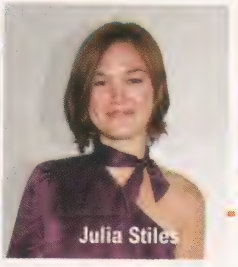
A slight scoop neck is a subtle way to set off your neck and shoulders.
Shirt (sizes XS–XL), Arizona, $10, select JCPenney stores

A severe shoulder-baring top immediately draws eyes to your best asset.
Shirt (sizes S–L), Taunt, $25, Gadzooks stores

Esra, 14

Jessica Biel

Joy Bryant

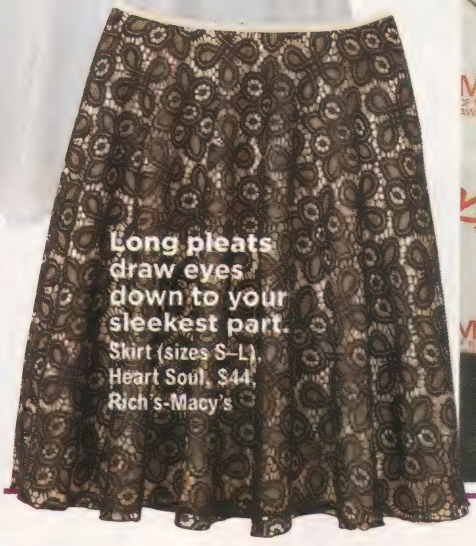

Julia Stiles

CALVES

Anabel, 16

A flowing, just-below-the-knee skirt hits just *above* the best part of your calves.
Skirt (sizes 6–18), Newport News Catalog, $39, newport-news.com

A soft fabric floats around your knees and makes your strong lower legs look great.
Skirt (sizes 0–12), Express, $50, Express stores



Long pleats draw eyes down to your sleekest part.
Skirt (sizes S–L), Heart Soul, $44, Rich's-Macy's

Eva Mendes

Ashley Olsen

→

WEB Which skirt suits your shape? Find out at seventeen.com/perfectfit

BIEL: JON KOPALOFF/FILMMAGIC.COM. BRYANT: STEPHEN TRUPP/STARMAXINC.COM. STILES: ROBIN PLATZER/FILMMAGIC.COM. OLSEN: FREDERICK M. BROWN/GETTY IMAGES. MENDES: RONALD ASADORIAN/SPLASHNEWS.COM. ON ANABEL: SHIRT (SIZES S–XL), JOCKEY THERMALS, $20, WWW.JOCKEY.COM. SHOES (SIZES 6–10), CHINESE LAUNDRY SHOES, $55, MACY'S.

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show your colors.
Monique wears the Argentina jacket and pant,
Jen the USA jacket and pant, and Syreta the Brazil jacket and pant.
All wear the adidas Track Titan shoe, available only at Lady Foot Locker.
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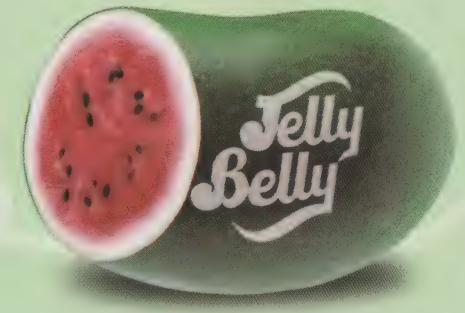

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WAIST

Body Special! The best trends for your shape.

A bold, wide belt calls attention to your narrowest point.
Dress (sizes 2–14), Express, $78, Express stores. Belt, Landes Belts, $35, 800-363-2704

A built-in belt gives a dress a snug fit just where you want it.
Dress (sizes S–XL), Polo Jeans Co. Ralph Lauren, $79, Macy's West

Elastic waists nip in at the middle but are comfy and loose above and below.
Dress (sizes S–L), Seven2, $42, yellowratbastard.com

SPEARS: CHRIS POLK/FILMMAGIC.COM. PARKER: NANCY KASZERMAN/ZUMA PRESS. ANISTON: MARIO ANZUONI/SPLASHNEWS.COM. ON DESSARAE: GOLD CUFF, ALEX AND ANI, $68, ALEXANDANI.COM. MULTICOLORED BRACELETS (FROM TOP), ALL THE RAGE ONLINE, $15 FOR SET OF SIX, ALLTHERAGEONLINE.COM; PONO, $48 EACH, 866-336-PONO.

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ARMS

→ Cap sleeves highlight toned triceps.
Right: Top (sizes S–XL), Lavender, $28, Kohl's

← An open back is a dramatic way to show off a sculpted upper body.
Left: Top (sizes XS–L), French Connection, $58, select French Connection stores

Mischa Barton

Rachel Bilson

Serena Williams

Delicate camis are the perfect contrast, making strong arms stand out.
Camisole (sizes XS–L), H&M, $13, H&M stores

Yoshiko, 19

BARTON: GREGORY PACE/FILMMAGIC.COM. BILSON: CHRIS POLK/FILMMAGIC.COM. WILLIAMS: JOHNNY NUNEZ/WIREIMAGE.COM. ON YOSHIKO: JEANS (SIZES 00–12), $60, ABERCROMBIE & FITCH. ABERCROMBIE & FITCH STORES.

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SKIRT Sizes 2–14, Marshalls

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TANK TOP Sizes XS–XL, Arizona, JCPenney

CUFF Gadzooks, Gadzooks stores

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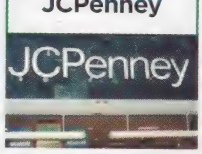
naomi, 14, los angeles, ca

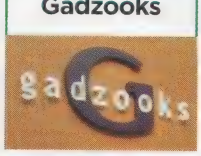
STILL LIFES: JEFF HARRIS. STOREFRONTS, FROM LEFT: JAY SINROD, MIKUNG KIM (2). COURTESY OF KMART, MIKUNG KIM, JAY SINROD, BLOCH; CHRIS POLK/FILMMAGIC.COM.

Marshalls

JCPenney



Gadzooks



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T-SHIRT Sizes XS–XL, American Eagle Outfitters, $20, American Eagle Outfitters stores

SHOES Sizes 5½–10, Isaac Mizrahi for Target, $20, Target

HOODIE Sizes S–XL, Mossimo at Target, $[illegible], Target

EARRINGS Icing by Claire's, $7, Icing by Claire's stores

WEB Are you a smart shopper? Take the quiz at seventeen.com/quizzes

PHOTO: STEPHEN LEE. STYLIST: GIGI SOLIS SCHANEN. HAIR: RAMIE ROTH FOR REDKEN. MAKEUP: REBECCA RESTREPO AT CONTACT. STILL LIFES: JEFF HARRIS.

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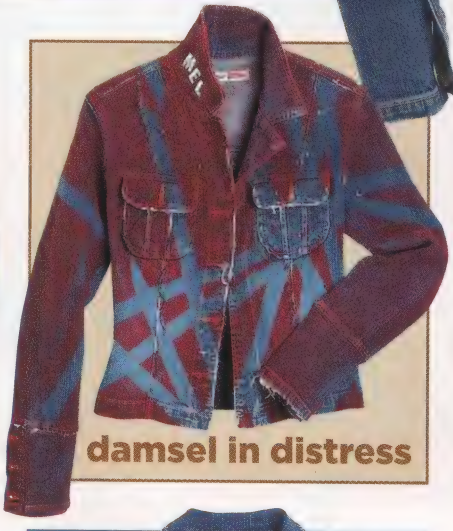

damsel in distress

indian princess

rock chick

star-crossed lover

STILL LIFES: JEFF HARRIS. THANKS TO PARSONS STUDENTS MELISSA ALDWELL, PATRICIA BAGATTINI, LOUISE FERRARI, SATYA KULKOWITZ, NATALIA NEPVEU, AND DIANA VILLA.

WEB For more DIY denim ideas, visit seventeen.com/fashion

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It's the big night. Planning it is half the fun. That's why *Seventeen* and CLEAN & CLEAR® are letting you **outfit a real pair of best friends for prom!** You'll get to vote on the dress, shoes, handbag and hairstyle they'll each wear–while collecting ideas for your own look. To vote, go to *Seventeen.com/cleanandclear* beginning April 6.

PREPARE FOR PICTURE-PERFECT SKIN

Prom night will be here before you know it! Start taking care of your skin now to look great on the big day. **To find the best products for you, go to *Seventeen.com/cleanandclear* and use the Skincare Advisor.** Plus, check out the May issue of *Seventeen*, where CLEAN & CLEAR® will reveal an amazing new product. Blemishes beware!

PLAN YOUR OWN PERFECT PROM

Test your prom-planning IQ with our quiz, then get fun ideas on how you and your friends can start prepping for the big night. Plus, take our best friends quiz–you might learn something surprising.

Find it all at *Seventeen.com/cleanandclear*.

Clean & Clear®

pet style

animal attraction

Does your all-time favorite accessory have four legs and a tail? Here's some new spring fashion for her (or him) too!

lovey, 4
Feather boa pet collar: Sizes XS–L, from $18, glamourdog.com

tallulah, 11 months
Visor: Sizes S and L, Global Pet Products, from $7, 877-768-2059
Dog bed: New York Dog, $45, Petco stores

CUTE EXTRAS

1. Pet first aid kit: Paw Paw Industries, $40, pawpawind.com

2. Yummy cat treats: Up Country, Inc., $13, upcountryinc.com

3. Poop-bag holder: Bon Ton, $7 (comes with 10 bags), containerstore.com

patti, 3
Spotted dog collar: Sizes S and L, Up Country, Inc., from $11, upcountryinc.com
Plush bone: Animal Planet, $4, Petco stores and premier.com

lucy, 2
Shirt: Sizes XS–XL, Tres Chi Amis, $52, treschicamis.com
Tote bag: Sizes S and L, Petote, from $86, petote.com

lovey, 4
Teepee scratching post: Mewsments, $20, select Petco stores

PHOTOS: ERI MORITA. STYLIST: NICOLE FASOLINO. STILL LIFES: JEFF HARRIS.

WEB Check out our online flip book of other stylish pet products at seventeen.com/fashion

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beauty

"Long lashes make eyes look bigger."

makeup artist
tom pécheux

flirty lashes

Get amazing, long flutter the celeb way—cheat! We show you just how easy it is.

TRY IT! faux lashes

STEP 1
Measure the lash strip against your lashline. Cut it if it's too long.

STEP 2
Apply a thin line of glue to the strip. Let dry to a tacky feel—about 30 seconds.

STEP 3
Holding the strip with tweezers, place it directly above your lashline and press for 10 seconds.

STEP 4
Once the lash is secure, carefully apply mascara from lash base to end. This helps bond the fakes to your own lashes.

YOU'LL NEED:

- A false-eyelash kit with adhesive. Pick one from the "Kit Shop" box, above right.
- Slanted-tip tweezers like Revlon Slant-Tip Ultimate Tweezer ($10, drugstores).
- Mascara. Make your lash wish come true with a mascara from "Magic Wands," right.

To take them off: Gently pull from the outer corner inward.

the kit shop

Pick the set that fits *your* needs and budget.

GOOD START: Andrea Mod Lash Day & Night Kit ($5, drugstores). One box contains both a subtle and dramatic look.

FULL GLAM: Sephora Fake-It Lash Duo ($6, sephora.com). These come in two sizes—long for drama, and short for a flirty cat-eye effect.

ALL IN ONE: Vincent Longo La Dolce Vita Lash Tips ($45, sephora.com). Includes lashes, a curler, liner, adhesive, and mascara.

THE LASH CALL

- Fakes should be almost undetectable and extend *just* past your own lashes.
- Keep eye makeup subtle when you fake it.
- Apply lash strip as close to your lashline as possible.

MAGIC WANDS

These mascaras make it easy for anyone to get killer lashes—even without glue-ons.

1. lengthening: Shiseido the Makeup Extra Length Mascara ($19, department stores) contains fibers that add length.

2. defining: CoverGirl Fantastic Lash Mascara ($6, drugstores) has a comblike brush to lift and separate each lash.

3. intensifying: Clinique High Impact Mascara ($14, gloss.com) darkens, plumps, and lengthens—a triple treat.

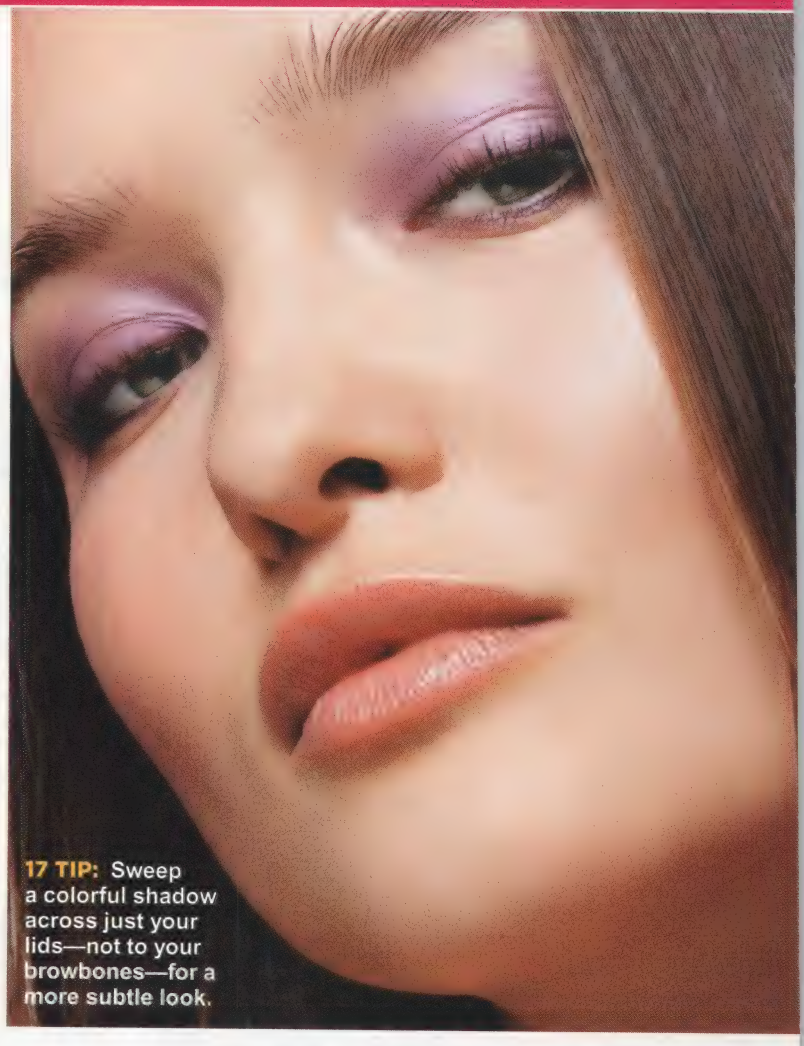
4. thickening: Maybelline New York Volum' Express Turbo Boost Mascara ($7, drugstores) thickens in one coat, so it won't clump.

SEVENTEEN SUMMARY False eyelashes are an easy way to look glamorous. But if you're not up for the glue thing, try a new lash-plumping mascara instead.

trend to try | bold eyes

bright eye makeup

One reason to use vibrant shadow, liner, or mascara: It gives your eyes a glamorous, jewellike effect.



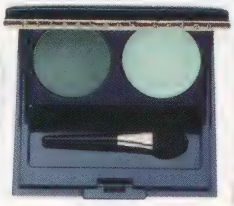
17 TIP: Sweep a colorful shadow across just your lids—not to your browbones—for a more subtle look.

stars in color

Try Prestige Eyeshadow in Blue Moon, $4, drugstores.

Try Elizabeth Arden Eyeshadows in Limelight and Loden, $23, department stores.

Try Apt. 5 Cosmetics Duo Shadow in SD-6, $4, Duane Reade.



if your eyes are . . .

Don't know where to start? It's easy! Just take your eye color into consideration and try one of these contrasting shades.

BROWN
Try green.
Sephora Jumbo Eye Pencil in Green, $5, Sephora stores

BLUE
Try orange.
Biotherm Play On Eye Shadow in No. 501, $15, macys.com

GREEN
Try purple.
Stila Convertible Lash + Line in Purple, $20, Sephora stores

HAZEL
Try blue.
Maybelline New York Liquid Eyes in Boundless Blue, $7, drugstores

dos & don'ts

do: Apply one or two layers of shadow on fair skin, and three or four on dark skin, to intensify the color.

don't: Be scared off by how bright the colors look in the package. They tend to go on sheerer.

do: Try *any* bright shade you like, but hues that contrast with your eye color add extra pop (see chart at right).

don't: Wear bright liner, shadow, *and* mascara—pick one.

MASCARA TIP: For bold lashes, apply black, then coat *just* the tips with a colored mascara, like Estée Lauder MagnaColor in Magna Copper, $20, gloss.com.

SEVENTEEN SUMMARY Don't be afraid of bright eye makeup! Applied right, it can make your pretty eyes stand out.

MODEL PHOTO: MICHAEL WIRTH. STYLIST: ROBIN PAGE. HAIR: GAVIN ANESBURY AT STOCKLANDMARTEL.COM. MAKEUP: TINA DAVIS FOR JANE COSMETICS. THERON: JEFF KRAVITZ/FILMMAGIC.COM. ZETA-JONES: CARLO ALLEGRI/GETTY IMAGES. ROWLAND: BILL DAVILA/FILMMAGIC.COM. STILL LIFES: STUDIO 652. EXPERTS: NYC MAKEUP ARTISTS NICK BAROSE AT AARTIST LOFT, AND JESSICA TABAK.

WEB Check out additional product picks at seventeen.com/beauty

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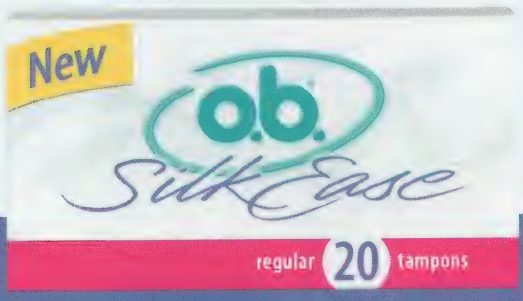

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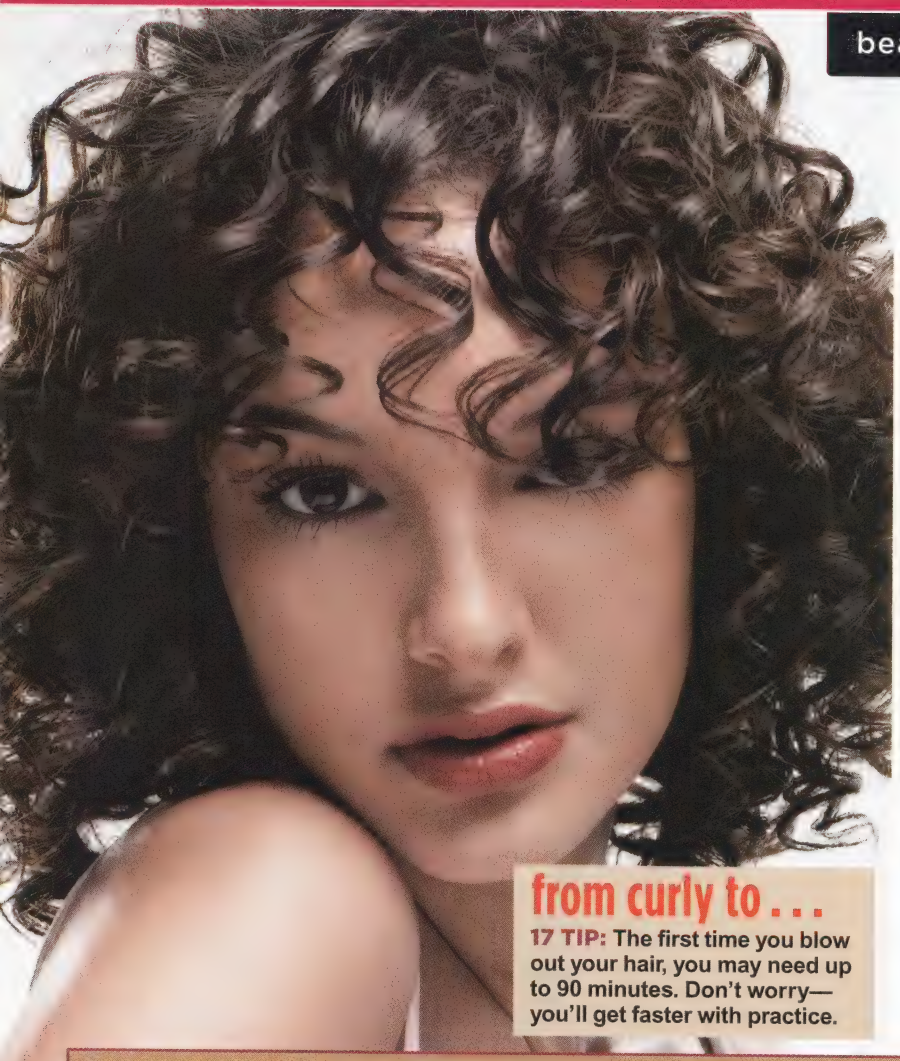
get perfect hair!

Step-by-step tips to get exactly the look you want.



from curly to . . .

17 TIP: The first time you blow out your hair, you may need up to 90 minutes. Don't worry—you'll get faster with practice.

the best blowout

Straight hair should be sleek with body (like Debra's), not flat. Find the just-right-for-you product below, then turn the page for details to do a salon-quality blow-dry at home.

Debra Messing

WAVY → STRAIGHT

IF YOUR HAIR IS . . . Find the type of product you need to get an A+ blowout.

	straight	wavy	curly	relaxed
fine	**You're off the hook!** You don't need a styling product since it's only likely to flatten your hair.	A lightweight, protective shine spray to prevent damage from heat styling. TRY Paul Mitchell Seal and Shine, $13, 800-321-JPMS.	A thin serum to help straighten your curls without making hair limp. TRY TIGI Bed Head Control Freak Straightener Serum, $16, 800-259-8596.	A leave-in conditioner to protect your hair without weighing it down. TRY Infusium 23 Leave-In Treatment, $6, drugstores.
medium	A light styling spray to keep hair shiny and flyaway-free. TRY Charles Worthington Results Hair Makeover Spray, $6, drugstores.	A light straightening cream to help relax your waves when blow-drying. TRY KMS Flat Out Lite Relaxing Creme, $17, kmshaircare.com.	A medium-weight milk to condition and smooth hair. TRY Garnier Fructis Style Smoothing Milk, $3, drugstores.	A conditioning shine serum to add moisture and keep it sleek. TRY L'Oréal Vive Smooth-Intense Anti-Frizz Serum, $6, drugstores.
thick	A medium- to heavy-weight smoothing milk or lotion to fight frizz. TRY Redken Out Shine Anti-Frizz Polishing Milk, $15, redken.com.	A thick straightening serum to keep hair pin-straight. TRY Head Wear Download Straightening Serum, $5, drugstores.	A thick, intensive straightening cream to help loosen curls. TRY Umberto Giannini Sleek and Chic Blowdry Cream, $10, Rite Aid stores.	A moisture-rich straightening balm to polish and keep hair conditioned. TRY Flawless Straight and Narrow by Pavés Professional, $6, walgreens.com.

Now that you've got your product, turn the page for the how-tos. →

MAIN PHOTOS: MICHAEL WIRTH. HAIR: RAMIE ROTH FOR REDKEN. MAKEUP: REBECCA RESTREPO AT CONTACT. STEP-BY-STEP PHOTOS: REBECCA GREENFIELD. HAIR: NATHANIEL HAWKINS AT CONTACT. MAKEUP: REBECCA RESTREPO AT CONTACT. ALL STILL LIFES: DAVIES + STARR. MESSING: STEVE GRANITZ/WIREIMAGE.COM (2). EXPERTS: NYC STYLIST NATHANIEL HAWKINS; MAUREEN CONLON, STYLIST AT WARREN-TRICOMI SALON IN NEW YORK CITY; CHERI MCMASTER, P&G PRODUCT DEVELOPMENT.

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4 steps to sleek!

Grab your product and follow these steps to pull off a perfect blowout.

1: wash

Shampoo and condition your hair as usual, then gently towel-dry and wring out excess water.

2: comb

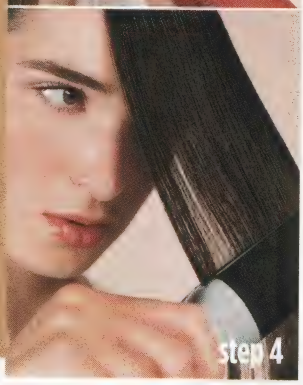
Apply the product for your hair type—if you need one. (See chart, pg. 80.) Comb through in sections so it's distributed more evenly.

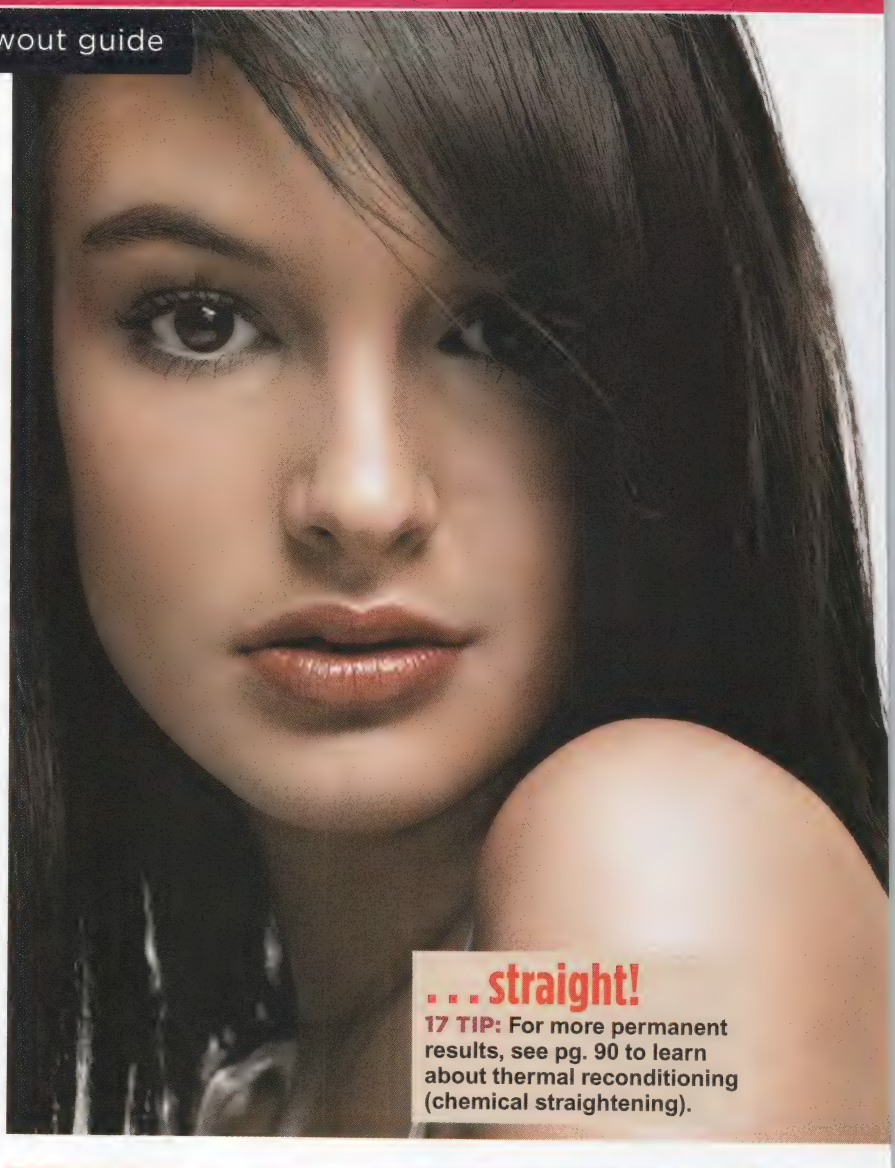
3: dry

Divide hair into four equal sections—two in front and two in back—clipping up all but one in the back. Beginning with that section's underside, use a round brush to lift hair away from your head, slightly wrapping it around brush near the roots (for volume). Set blow-dryer to medium heat and speed. KEY MOVE: Always keep the nozzle pointed at the brush while you follow it down the length of the section, pulling hair taut as you go. Repeat this move until section is dry. Finish the back, then do front sections.

4: smooth

Once dry, run a flat-iron over your hair to reduce any frizz.





. . . straight!

17 TIP: For more permanent results, see pg. 90 to learn about thermal reconditioning (chemical straightening).

YOU'LL NEED:

1: A wide-tooth comb. TRY: **Origins Comb,** $6, origins.com.
2: A round brush. TRY: **Goody Round Brush,** $5, drugstores.
3: A blow-dryer. TRY: **Remington SuperSonic Dryer,** $26, Target, Sears, Wal-Mart, or remington-store.com.

FLAT-IRONS

{for every budget}

bargain: Revlon Perfect Heat Two-in-One Styling Iron and Straightener, $25, drugstores

expensive: TIGI Hardcore Lil' Hottie Flattening Iron, $85, 800-259-8596

splurge: CHI Ceramic Hairstyling Iron by Farouk Systems, $175, farouk.com

SEVENTEEN SUMMARY It may take time, but these tips will help you master straightening your hair just like a pro.

Now that you've got the blowout basics, read on to get killer waves. →

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DESTINY'S CHILD WEARS THE BRACELET

Destiny's Child appears courtesy of Columbia Records

© 2001 Until There's A Cure Foundation Photo: Howard Jon

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WWF

from straight to . . .

17 TIP: Waves make fine-to-normal hair seem thicker and also help coarse or thick hair look smoother and bouncier.

making waves

The most current look is loose and tousled (like Gabrielle's), not tight or corkscrewed. Find your perfect product below, then turn the page to get gorgeous waves on your own.

Gabrielle Union

STRAIGHT → WAVY

"Waves are carefree and glamorous at the same time."

nyc celeb hairstylist nathaniel hawkins

IF YOUR HAIR IS . . . Find the type of product you need to get amazing waves.

	straight	wavy	curly	relaxed
fine	A volume spray to give fine hair extra body and make your waves last. TRY L.A. Looks Volume Look Volumizing Hair Spray, $3, drugstores.	A texturizing lotion to lightly glaze dry hair and perfect waves. TRY Dippity-Do Techno-Style Texture & Waves, $4, drugstores.	A texturizer with hold to stretch tighter curls into waves. TRY Aveda Control Granules Hair Texturizer, $29, aveda.com.	A moisturizing, curl-enhancing mousse to help set hair. TRY Pantene Pro-V Curl Defining Mousse, $4, drugstores.
medium	A curl-enhancing holding spray to lock in your waves. TRY Physique Keep Your Curls Hair Spray, $7, drugstores.	A light spray gel to help define natural waves. TRY John Frieda Sheer Blonde Curvaceous Blonde, $6, drugstores.	A texturizing salt spray to help pull curls straighter. TRY Bumble and bumble South Surf Spray, $16, 800-7-BUMBLE.	A curl-enhancing lotion to hydrate dry hair. TRY Clinique Defined Curls Curl Enhancer, $15, clinique.com.
thick	An aerosol spray to give hair hold before styling and after for extra staying power. TRY Rusk Being Flexible Hairspray, $14, 800-873-7875.	A lightweight styling cream to smooth and give waves a uniform pattern. TRY Matrix Biolage Curl Defining Creme, $13, 800-662-8749.	A texture spray to help loosen your natural curls. TRY KMS Hair Play Texture Blast, $13, kmshaircare.com.	A curl cream that gives your hair moisture and hold. TRY Sebastian Laminates Curl Perfecting Polish, $15, 800-829-7322.

Now that you've got your product, turn the page for the how-tos. →

UNION. FROM LEFT: KEVIN MAZUR/WIREIMAGE.COM, GLENN WEINER/ZUMA PRESS.

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4 steps to waves!

Get perfectly tousled hair with this easy-to-follow guide.

1: wash

Shampoo and condition your hair as usual, then gently towel-dry it.

2: mist

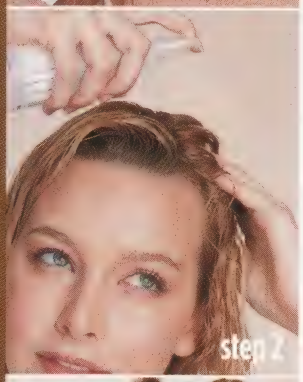
If you're naturally straight or wavy, mist hair all over with a leave-in conditioner. If you have curls, pull product (see chart on pg. 86) through small sections of your hair to loosen curls, then go straight to step 4.

3: set

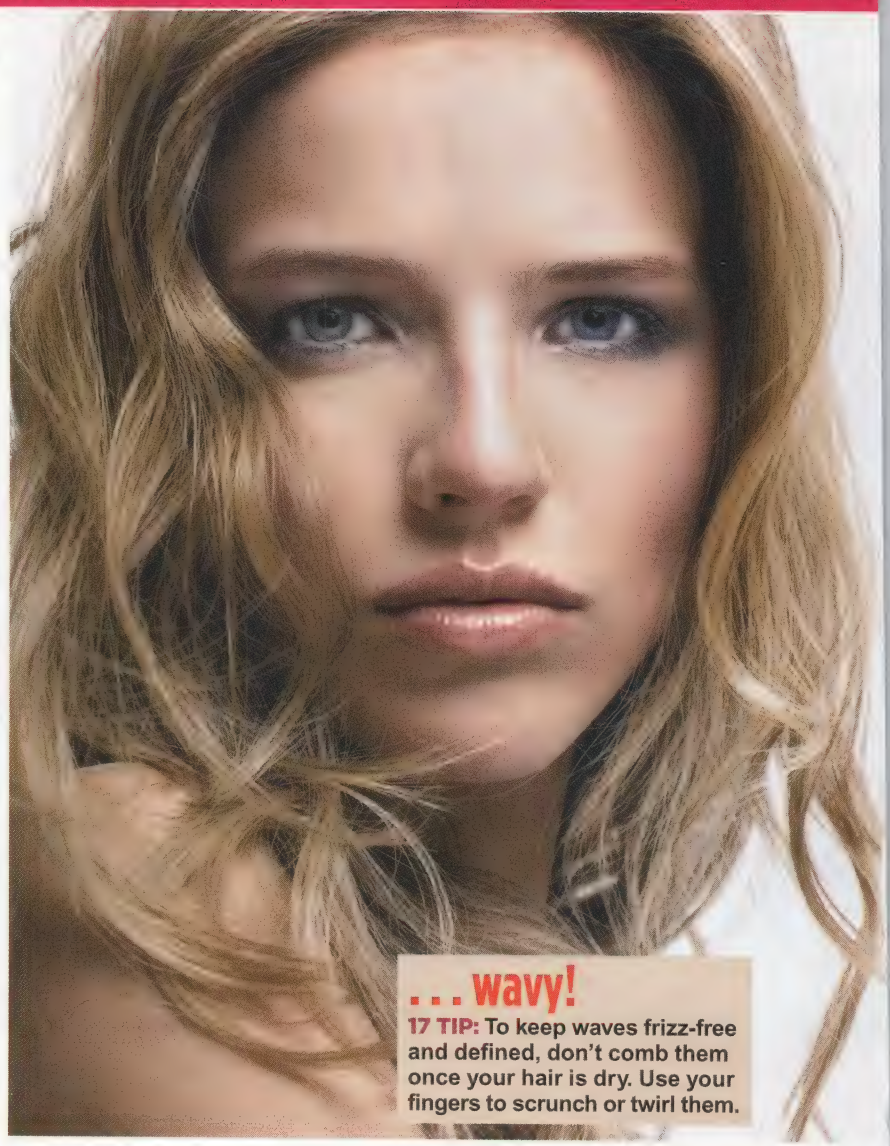
If you're straight or wavy, divide hair into 10 to 15 sections (depending on the thickness of your hair). Twist, roll, and pin hair against your scalp, section by section. Let your hair air-dry overnight. Remove hairpins and use your fingers to help separate waves.

4: touch up

Straight and wavy hair: Wrap small sections around a medium-sized curling iron (as shown) and hold for three seconds, then release. Curly hair: Repeat the same move, but hold for at least six seconds to turn tight curls into loose waves.



SEVENTEEN SUMMARY Creating perfect waves *can* happen overnight, no matter what your hair type.



. . . wavy!

17 TIP: To keep waves frizz-free and defined, don't comb them once your hair is dry. Use your fingers to scrunch or twirl them.

YOU'LL NEED:

1: A wide-tooth comb. TRY: **Janeke Wet Comb,** $3, drugstore.com.
2: A leave-in conditioner to set hair. TRY: **Paul Mitchell Lite Detangler,** $13, 800-321-JPMS.
3: A pack of bobby pins to secure twists. TRY: **Smoothies Bobbi Pins,** $3 for 20 pins, drugstores.

CURLING IRONS

(for every budget)

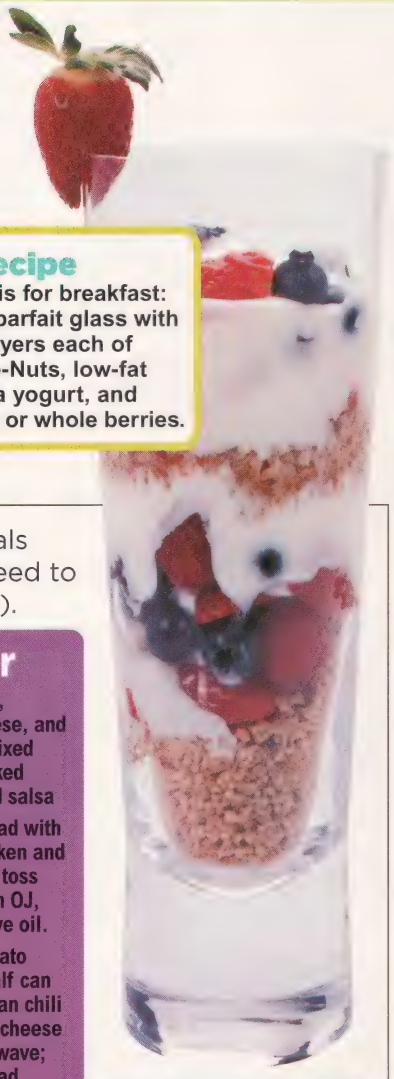
bargain: Physique Curling Iron, $14, drugstores
mid-price: Revlon Professional Digital Ceramic Precision Heat Styling Iron, $21, drugstores
splurge: Conair Pro Ceramic Tools Iron, $40, Sally Beauty Supply stores

WEB For more hair tips, head to seventeen.com/beautyschool

your healthy eating plan

We've compiled another month's worth of good-for-you foods. Enjoy!

BY suzette kroll, a registered dietitian at canyon ranch in tucson



17 recipe
Try this for breakfast: Fill a parfait glass with two layers each of Grape-Nuts, low-fat vanilla yogurt, and sliced or whole berries.

YOUR MONTHLY MENU Each day pick three meals and a snack from the columns below and add what you need to fulfill the recommendations listed in the pink box (bottom).

breakfast

- ½ cup Kashi Good Friends cereal or low-fat granola topped with skim milk, 1 small sliced banana, and a sprinkling of walnuts
- 1 cup skim milk and 1 cup frozen berries, blended for 1 minute (17 TIP: Add berries one at a time to create a milk shake consistency.)
- ½ cup applesauce and ½ cup low-fat ricotta cheese mixed together and sprinkled with cinnamon and 1 tbsp. slivered almonds
- Whole-wheat toast spread with natural peanut butter and a small sliced banana, sprinkled lightly with cinnamon
- Toasted English muffin topped with low-fat ricotta cheese and crushed pineapple, and sprinkled with nutmeg
- 1 small banana covered with natural peanut butter, rolled on a plate of Grape-Nuts; add a dash of allspice
- Half a small cantaloupe (seeds scooped out) filled with low-fat cottage cheese and sprinkled with nutmeg

lunch

- Whole-wheat pita with sliced turkey, 1 slice reduced-fat cheese, sliced tomatoes, and mustard; 1 apple
- 1 piece sourdough bread with sliced tomatoes, 1 slice reduced-fat mozzarella, and balsamic vinegar; 1 orange
- A half can water-packed tuna mixed with a dollop of low-fat mayo and spread on 1 slice whole-grain bread. Add 1 slice low-fat cheese; microwave until cheese melts.
- Low-fat tortilla rolled up with 3 oz. sliced chicken (chilled), a sprinkling of shredded low-fat cheese, and salsa
- 1 slice whole-grain bread spread with natural peanut butter, honey, raisins, and sunflower seeds
- 1 cup cooked penne pasta with peas, diced carrots, and 1 diced low-fat mozzarella stick, mixed with Italian dressing (serve cold)
- Toasted English muffin topped with spaghetti sauce, Parmesan cheese, and 1 cooked Boca Burger, crumbled

dinner

- Romaine lettuce, reduced-fat cheese, and 3 oz. chicken, mixed with crushed baked tortilla chips and salsa
- Mixed green salad with 3 oz. sliced chicken and 1 sliced orange; toss with 1 tbsp. each OJ, vinegar, and olive oil.
- Baked sweet potato topped with a half can fat-free vegetarian chili and reduced-fat cheese melted in microwave; mixed green salad
- Omelette made from two egg whites, wrapped in a whole-wheat tortilla and topped with salsa
- Romaine lettuce mixed with sliced turkey, reduced-fat cheese, hard-boiled egg whites, cherry tomatoes, and cucumbers; toss with a little olive oil and vinegar.
- Baked tortilla chips topped with fat-free refried beans, reduced-fat cheese, and salsa. Microwave until cheese melts. Serve with a mixed green salad.
- 1 slice cheeseless veggie pizza sprinkled with reduced-fat cheese (heat until cheese melts); a mixed green salad with lemon juice and balsamic vinegar

snack

- 2 tbsp. almonds and 2 tbsp. dried cherries
- 1 container low-fat yogurt with 3 tbsp. low-fat granola
- 1 cup red pepper strips dipped in low-fat ranch dressing
- 1 stick low-fat string cheese and 1 apple
- ½ cup low-fat chocolate pudding mixed with 1 small sliced banana
- 4 to 6 whole-grain crackers and ½ cup soy beans (found in supermarket frozen-food section)
- 1 medium apple spread with 1 tbsp. natural peanut butter

THE RIGHT WAY TO EAT To control your hunger, aim to have three balanced meals and one or two snacks a day. What to eat every day: **3 servings of protein:** 1 serving = 1 egg or 3 ounces of chicken or fish; **9 servings of carbohydrates:** 1 serving = ½ cup rice; **3 servings of calcium:** 1 serving = 1 cup yogurt; **4 or more servings of vegetables:** 1 serving = ½ cup chopped vegetables; **3 servings of fruit:** 1 serving = 1 piece or ½ cup fruit.

PHOTO (OPPOSITE PAGE): MICHAEL WIRTH. STYLIST: ROBIN PAGE. HAIR: GAVIN ANESBURY AT STOCKLANDMARTEL.COM. MAKEUP: TINA DAVIS FOR JANE COSMETICS. TOP: ARIZONA JEAN COMPANY; BOTTOMS, KEIKO. STILL LIFE: JEFF HARRIS.

start position, rotate arms backward, up, forward, and down to complete a large circle. Repeat for a full set.

shoulders, back

SHOULDER RAISES

A Stand with feet shoulder-width apart and knees slightly bent. With one weight in each hand, place weights in front of your thighs.

B Slowly lift both arms straight up at the same time until they're just above shoulder level. Lower them back down in a controlled motion; repeat for a full set.

B Slowly bend your right elbow to raise weight to your shoulder, then return to start. Repeat for a full set, then switch sides.

chest, arms

PUSH-UPS

A Balance yourself on the edge of a chair (propped against a wall) in push-up position. Keep your arms straight and shoulder-width apart; stay on your toes.

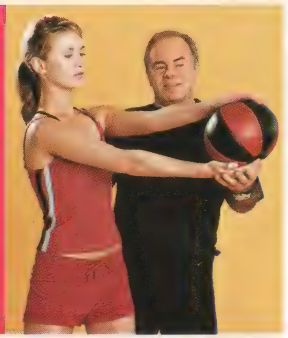
B Keeping your body straight, bend elbows to lower yourself as close to the chair as you can. (As you get stronger, this will get easier.) Repeat for a full set.

ASK RADU

Q: I heard that your muscles will turn to fat if you don't exercise. Is that true?

KIMBERLY, 20, VIRGINIA

A: No. Muscle doesn't turn into fat, but it can seem that way. What's actually happening when you stop exercising: The fibers that make up your muscles shrink, which causes your muscles to look smaller and flabbier. Also, your metabolism slows when you're not working out, so you can gain weight even if you're eating the same amount you ate when you were training. This is why a consistent fitness routine is so important.



win it! everlast medicine ball

Ten lucky readers will win their very own 12-pound leather Everlast medicine ball (a $65 value) to complete this workout. Log on to seventeen.com/freebies on March 12 and enter to win, or visit everlast.com to purchase a ball.

radu's move of the month:

Inclined Tug-of-War

BANISH BACK JIGGLE

Hold a weight in each hand, with feet shoulder-width apart and knees slightly bent. Bend at the waist and let arms hang straight down. Lift right elbow high, then slowly bring it back to start. Alternate sides and repeat for 3 sets of 25 reps daily. Work up to 3 sets of 100 reps.

PHOTOS: JASON TODD. STYLIST: GIGI SOLIS SCHANEN. HAIR AND MAKEUP: LIVIO ANGILERI AT ARTISTSBYTIMOTHYPRIANO.COM. GROOMING: EUGENIA IORACHE. RADU TEODORESCU IS A PERSONAL TRAINER IN NEW YORK CITY, THE CREATOR OF *THE CINDY CRAWFORD SHAPE YOUR BODY WORKOUT* VIDEO AND THE AUTHOR OF *RADU'S SIMPLY FIT.*

WEB Have a question for Radu? Ask him at seventeen.com/trainer

17 trainer | fitness

get buff arms

Follow this workout from celeb fitness guru Radu Teodorescu to get your upper body feeling strong and looking toned—just in time to bare your arms for prom!

what you'll need

1 A medicine ball that weighs 8 to 12 pounds (you shouldn't struggle to lift it), available at everlast.com.

2 A set of 3- to 5-pound weights (again, they should be easy to lift), available at reebok.com.

3 A sturdy chair.

FOR EACH EXERCISE: Do 3 sets of 6 to 8 reps per side twice a week to start. Work your way up to 3 to 5 sets of 12 reps.

shoulders and back

shoulders, back

AROUND THE WORLD

A Stand with your feet shoulder-width apart. Start with medicine ball at pelvis, then rotate your arms to the right (as shown) until you complete a circle. Repeat for a full set.

B From the same start position, rotate your arms to the left (as shown) until you complete a circle. Repeat for a full set.

shoulders

ARM CIRCLES

A Starting with weights down at hip level, slowly lift arms up, overhead (as shown), back, and down to complete a full rotation. Repeat for a full set.

B From the same

arms and chest

triceps

BALL DROPS

A Stand with your feet shoulder-width apart and your knees slightly bent, firmly holding a medicine ball straight up over your head as shown.

B In a slow, controlled motion, bend your elbows and lower the ball until it's at the back of your neck. Return to start, then repeat for a full set.

biceps

BICEPS CURLS

A Sit on the edge of a chair, holding one weight in your right hand. Place your left hand on your left knee and lean toward your right knee, bracing your right elbow with the inside of the right knee.

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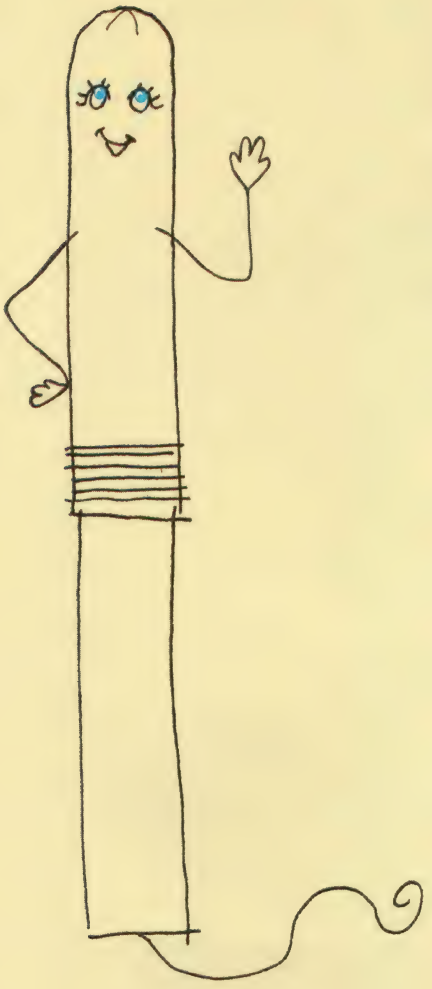
Big scary tampon



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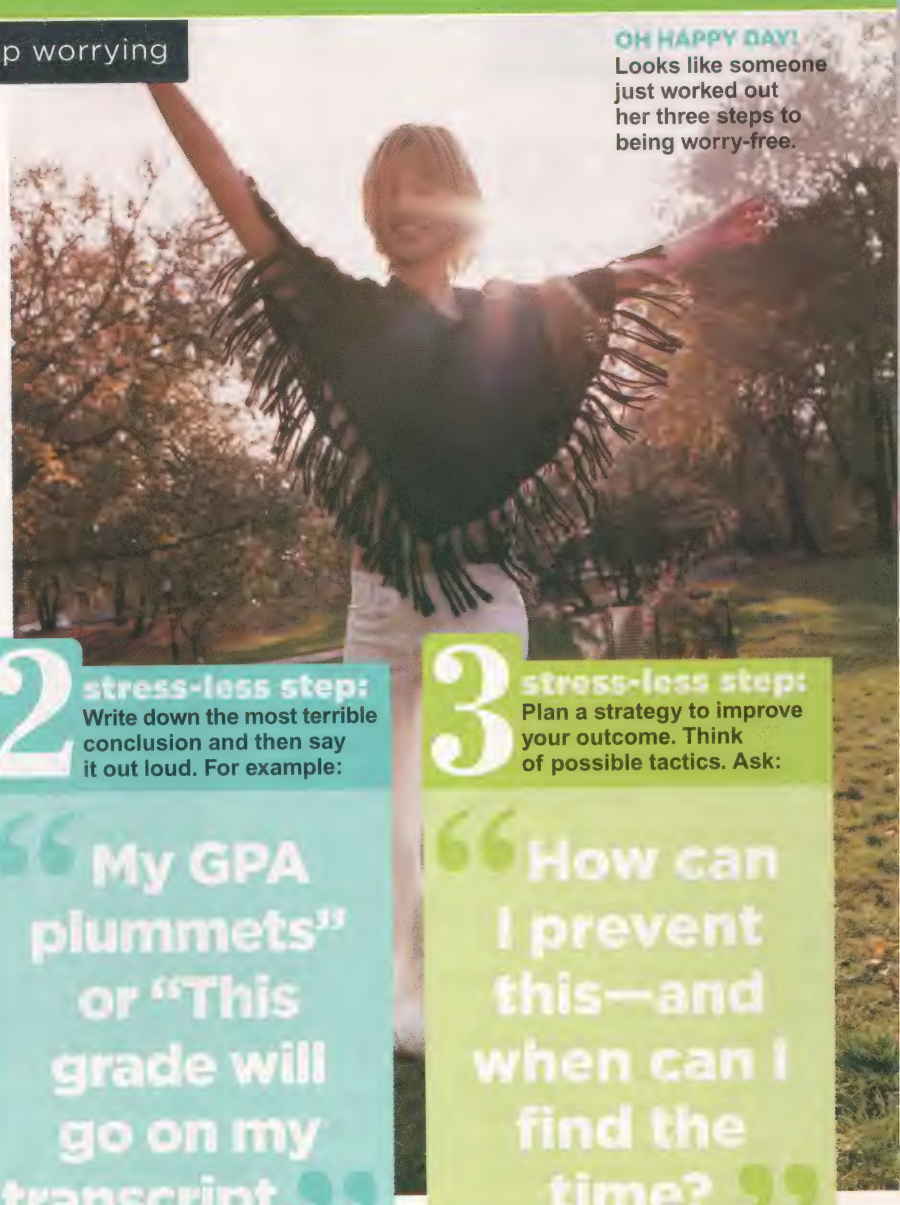
stress busters | stop worrying

face your fear

Follow these simple steps to help tackle your inner worrywart right now.

BY marguerite lamb

17 TIP: This technique helps you learn how to take action when you've got a big problem—not just worry about it.



OH HAPPY DAY! Looks like someone just worked out her three steps to being worry-free.

1 stress-less step:

Put your worry in the form of a question. If it's your biology exam, ask:

"What is the worst thing that can happen if I don't do well?"

Asking yourself this question focuses all your swirling anxieties into one productive direction.

YOUR QUESTION:

2 stress-less step:

Write down the most terrible conclusion and then say it out loud. For example:

"My GPA plummets" or "This grade will go on my transcript."

Naming the outcome helps you look at your fear realistically and find a solution while there's time.

WORST POSSIBLE OUTCOME:

3 stress-less step:

Plan a strategy to improve your outcome. Think of possible tactics. Ask:

"How can I prevent this—and when can I find the time?"

This will put your mind on track to solve the problem instead of uselessly worrying about it.

YOUR GAME PLAN:

SEVENTEEN SUMMARY If you actively address whatever you're worried about and create a game plan, you'll have more control over the problem and feel much less stressed.

Marguerite Lamb writes for Dale Carnegie and Associates, Inc., in New York and is the author of an upcoming book for teen girls based on Carnegie's *How to Win Friends and Influence People.*

WEB What stresses you out? Let us know at seventeen.com/tellus

PHOTO: SAYE. STYLIST: GIGI SOLIS SCHANEN. HAIR: YUSUKE FOR PHYTO. MAKEUP: SOKPHALLA BAN FOR BRADLEY CURRY. PONCHO, CITY DKNY. PANTS, PARIS BLUES.

sex q&a

your sex dilemmas—resolved

Straightforward help when you don't have anyone to turn to.

17 TIP: Only *you* have to be okay with the limits you set when you're fooling around.

QUESTIONING DESIRES

"Is it right for a 14-year-old girl to like girls? I'm bi and wanted to know if it was okay."

BRANDY, 14, BUCKNY, KS

WHAT'S UP: At your age, it's not unusual to feel confused about your sexuality—you're really just starting to figure it out. So don't rush to label yourself right now. And as for whether being bisexual is okay, that's really a very personal decision that people make based on their own values and belief systems. What matters most is how you feel. You may want to talk about this with a staff member at Planned Parenthood (see info at end), which deals not just with pregnancy but with all sexuality issues. And its services are free and confidential.

ORAL REPORT

"My now ex-boyfriend and I were fooling around, and I gave him head. It was totally unplanned and really gross. Afterward my lips got chapped and swollen, and started to bleed and pus. Two weeks later they healed. What happened?"

LINZE, 15, SAN ANTONIO, TX

WHAT'S UP: This is not a normal reaction to oral sex. And since you say it was unplanned and gross—and that this guy is now your ex—we wonder if you were forced to do this. Remember, if you're fooling around and you're not comfortable, stop.

The problem with your lips could've been a skin irritation. Or you may have been exposed to an STD, like herpes. If the symptoms return, or if you noticed sores on his penis or lips, see a doctor to find out whether you contracted an STD. Even if it turns out that you're physically fine, really think about where you want to set your limits in the future.

PILL PATROL

"One morning I puked up my birth control pill after a night of partying. That day I was terrified to have sex. Could I have gotten pregnant?"

SHEENA, 18, PADEN CITY, WV

WHAT'S UP: If you threw up more than an hour after taking the pill, it was probably already absorbed into your system. But as you probably know, the pill is *not* 100 percent effective in preventing pregnancy and does *nothing* to protect you from STDs, so you should also use a condom every time you have sex anyway. But your question brings up another issue: your drinking. Was this a onetime thing, or are you regularly partying until you throw up? Not to totally overreact, but that's unhealthy for reasons other than the one you mentioned. So in case you need help, check out alcoholscreening.org. 17

The advice on this page is not meant to substitute for a doctor's opinion. If you're having a sexual health problem, talk to your parents or a trusted adult. If you can't tell anyone what's going on, it is legal for you to see a doctor confidentially. Visit plannedparenthood.org or call 800-230-PLAN to find a health care provider near you.

WEB **Submit your sex questions at seventeen.com/sexdilemmas**

PHOTO: THE IMAGE BANK/GETTY IMAGES. EXPERT: CYNTHIA PEGLER, M.D., ADOLESCENT MEDICINE SPECIALIST WITH A PRIVATE PRACTICE IN NEW YORK. REPORTING: VIRGINIA SOLE-SMITH.

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real life

THE BULLET: It was removed when Rachel hit the danger level for lead poisoning, but she still has bullet fragments in her lung and arm (shown).

ONE YEAR LATER: Rachel's shoulder still doesn't feel like it did before the accident.

"i was shot by a hunter"

Seventeen-year-old Rachel of Cartersville, Georgia, went on her first camping trip—but things didn't quite go the way she expected. AS TOLD TO katie herrick

I'd always wanted to go on a "real" camping trip—without bathrooms or electricity. In November 2002, just after I turned 16, my friend told me about Venture Scouts, this expedition group for guys and girls ages 14 to 21, sponsored by the Boy Scouts. I said, "Where do I sign up?"

Our first overnight trip was planned for November 23. I knew a few people from school who were going, but not very well. I didn't care. I was so excited, I showed up two hours early!

The first mile (out of six) of hiking was *hard*—like climbing a spiral staircase, only straight up. My muscles ached, and my shoulders hurt from my 30-pound pack. *For safety reasons,*

I was so worried about my mom and sister. What would they do if I died?

ON THE HIKE: Rachel poses with Stephie (second from left) and new friends the day before she was shot.

I was buddied up with a girl named Stephanie, who was 15 and from a town near mine. We hit it off right away.

At about 5 P.M. we arrived at the campsite. We ate and played cards around the campfire, and by 9 P.M. we were exhausted and headed to our tent.

THE GUNSHOT

At 6 A.M. the next day Stephie and I woke up because we were really cold. Then we walked 25 feet to find a private place to pee. I took my pants off, crouched down—and suddenly heard an explosion that sounded like a gunshot. I sprung up. I felt nothing but thought, Something bad happened—scream! But then I thought, Wait, someone *is* screaming. That's me! I've been shot! Then I passed out.

I woke up hearing the group leader, Mr. Robertson, running toward me. (But I later found out that the first person there was the hunter who'd shot me—a guy named Matt Bryant. Apparently he saw my toilet paper and thought it was a deer's tail.) My arm felt numb. I moaned, "My arm's been hit!" I couldn't feel my right side; my left side was freezing; my chest felt like it was on fire; and my nose was bleeding.

By then about 25 people were around me. First they wrapped me in sleeping bags to warm me up. They also tried to keep me awake. They were saying, "Stay with us, Rachel." I was so worried about my mom and sister. What would they do if I died?

Meanwhile, the hunter was sobbing and holding my left hand. I could tell by his voice that he wasn't much older than me. (Turns out he was 21.) He said, "Oh my God, I didn't know you were a person. I didn't mean to hit you. I'm so sorry." I said, "It's not your fault. You didn't know." After about half an hour (which seemed like *forever*), the ambulance came to the service road near our campsite. I was so relieved.

THE GORY DETAILS

The next thing I knew, I was waking up in a bed, and my mom and grandmother were at my feet. I had a breathing tube down my throat, but I tried to smile to let them know how happy I was to be alive. I knew I'd been shot, but my mom gave more details.

The bullet had entered the back of my right arm. Then it went across my chest, deflating my right lung and hitting the rib below my left collarbone. The bullet shattered; fragments went into my lung; and a chunk missed my heart by a quarter inch. I learned that if the bullet had left my body, I would have bled to death in the woods.

THE AFTERMATH

I spent nine days in the hospital and another three weeks at home. The bullet was taken out a month after the accident, because my doctor found elevated lead levels in my blood. It's been more than a year since I was shot, and I wonder if my shoulder will ever stop feeling numb. I can't move it as well as I used to, and in cold weather I feel a dull ache in my lungs and arm. And now that I have a damaged lung, I'm more susceptible to illnesses like pneumonia. But the doctor tells me I can do anything I want to—including hike.

Matt is being charged with the misuse of a firearm while hunting. If convicted, he could get up to 10 years in jail. He'd also lose his hunting license. I've been subpoenaed to testify against him soon, but I don't want Matt to go to jail. I told him that I forgave him, and I don't go back on my word. But he *did* make a horrible mistake—so I want him to speak at hunter safety courses, look other hunters in the eye, and say that due to him, an innocent girl has to suffer, possibly for the rest of her life. 17

hiking safety

How to keep yourself out of a hunter's way:

1. WEAR NEON Bright colors (like orange) show up well in the woods. Wear bold-shaded hats, bandannas, and vests.

2. BE LOUD Whistle and talk while you're on the trail, and always travel in groups of at least three people.

3. CHECK IN Before you go, call the trail's park manager (find the number under "Hiking" at [illegible]) and ask about any potential risks on your planned route. Most important, ask whether it's hunting season and if your trail allows hunters. If it does, choose another path.

X-RAY PHOTO: COURTESY OF ST. JOSEPH'S HOSPITAL. OTHER PHOTOS: COURTESY OF RACHEL FERGUSON. "HIKING SAFETY" SOURCE: AMERICAN HIKING SOCIETY (AMERICANHIKING.ORG).

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GIRLS GONE WILD: Tip—let your parents know that this won't be you on spring break.

college-life advice

What you need to know—even if you're in high school.

Q How can I convince my parents to let me go on spring break?

LYNNE, 19, SOPHOMORE, WASHINGTON UNIVERSITY, ST. LOUIS, MO

A This is tough, because you know what they'll say: "It's not *you* we don't trust, honey—it's everyone else." So get ready to do some work! First, find a spring break agency like ststravel.com that will have representatives at your destination who keep office hours within each hotel and can help in case of an emergency. This will help your parents feel better. Also, make sure the agency has existed under the same name for at least five years and check its reputation through the Better Business Bureau at bbb.org. If they still say no, you'll be bummed, but try to enjoy the quiet week—and start planning your 21st birthday in Cancún!

Q If I'm paying with a loan anyway, should I pick the expensive private college I want and pay forever? Or should I settle for a public school?

CHRISTINA, 17, MCKINNEY, TX

A Your quality of life during *and* after college matters a lot more than the cost, according to our friend Steven Roy Goodman, a Washington, D.C.–based admissions strategist. To figure out which school you'll be happiest at, consider these factors: (1) The size of the alumni association. Contact the school's alumni office to make sure there is at least one club in each major city, as well as monthly events. The more clubs, the better your chances of future networking. (2) Career opportunities. Ask how many job recruiters came to campus last year (100 or more is good) and how many 2003 graduates got jobs through the career center. (3) The social fit. Get a feel for the school by spending a day or night with a student (set this up through the admissions office). Goodman says, "Picking a school is like dating: A guy may look great on paper, but it's all about chemistry in the end." When it's the right school, you'll know.

Q How do I meet guys when I go to an all-girls' college?

RACHEL, 19, SOPHOMORE, BRYN MAWR COLLEGE, BRYN MAWR, PA

A No doubt the guys at nearby coed colleges will be flocking to your door after they read this (joke). But until the line forms, why not take the initiative and get involved at *their* schools? Like most single-sex colleges, Bryn Mawr has a relationship with neighboring coed schools, like Haverford, UPenn, and Swarthmore. You can get the guidelines for joining their classes or clubs from your adviser or course catalog.

Guys from coed schools are also notorious for handing out party flyers at all-girls' campuses. Why not go? Even if the flyer guy isn't cute, you never know what his friends are like! (Just be sure to go in a group.) If all else fails, get an off-campus job. A part-time gig can double as a social life, especially when you're stationed between two cute cashiers. 17

PHOTO: JOSE LUIS MAGANA/AP PHOTO. SOURCES: DEAN GOODWIN, NATIONAL DIRECTOR OF SALES, STUDENT TRAVEL SERVICES IN BALTIMORE; MARYBETH HORVATH, STUDENT ACTIVITIES DIRECTOR, BRYN MAWR COLLEGE, BRYN MAWR, PA.

WEB Have a college question? Ask us at seventeen.com/collegeqa

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Chinese finger puzzle?

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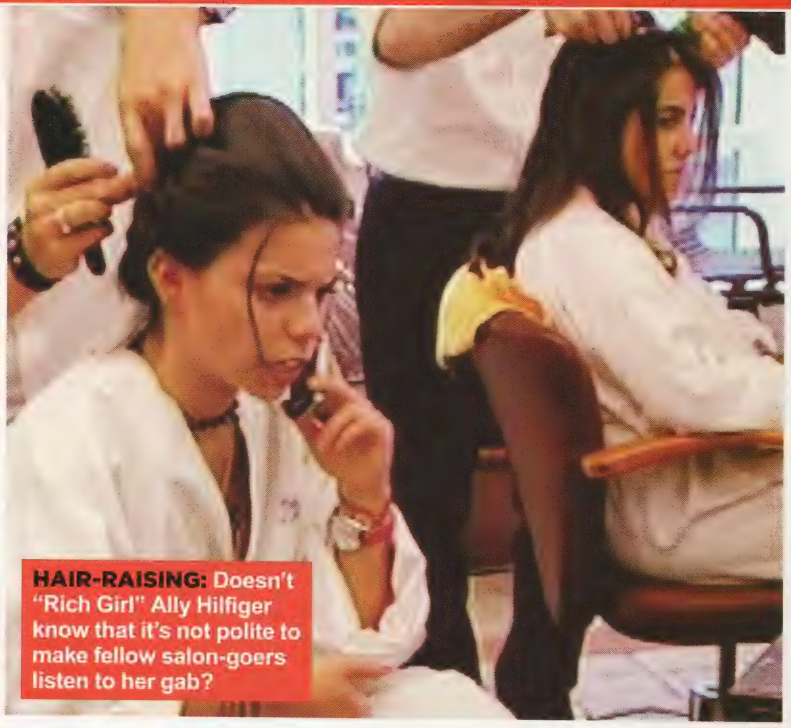
etiquette | mobile phone use

cell phone manners

Read our guide, because trust us—you *don't* want to be the one everyone's rolling their eyes at.

BY anna skinner



HAIR-RAISING: Doesn't "Rich Girl" Ally Hilfiger know that it's not polite to make fellow salon-goers listen to her gab?

GO RIGHT AHEAD

GOLDEN RULE Home is pretty much the only place where you can safely blab about almost anything without having to consider the needs of the people around you.

HANDLE WITH CARE

(IN THESE PLACES)

Waiting rooms: People here tend to be feeling anxious about *their* news—not *yours.*

Shopping: Chatting while you're in line will slow down checkout and irritate other shoppers.

GOLDEN RULE Make calls quickly and quietly, and be respectful of those forced to listen!

DON'T DO IT!

(IN THESE PLACES)

Museums/libraries/places of worship: These are places we go for peace and quiet—it's obnoxious to disrupt that for others.

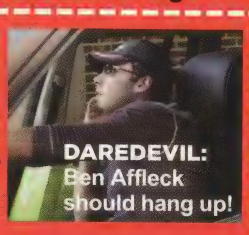
Movies and plays: People pay to hear someone other than *you* perform.

Elevators/bathrooms/beauty salons/public transportation: No one around you can escape. Why force them to listen to your chitchat?

Restaurants: People come here partly to get *away* from ringing phones and enjoy their conversations—so don't subject them to yours.

GOLDEN RULE Put your phone on vibrate if you *must* get a call, but always wait until you're outside before you start talking.

While driving a car: It's rude to put other drivers in danger. So instead of going by the Golden Rules above, use a voice-activated phone—and sparingly.



DAREDEVIL: Ben Affleck should hang up!

17 FYI: You are four times as likely to get into a car accident if you're on the phone while you're driving.

five conversations *not* to have on your cell!

1 **"I'm calling about the job opening. . . ."**
You need to make the best impression, and talking over static or car horns is not professional.

2 **"I'm so sorry she died. . . ."**
It will seem like you're not giving your full attention if you end up getting distracted in any way—and that's rude. Wait until you're home to offer condolences.

3 **"And then we started kissing. . . ."**
Strangers don't need to hear your date details—no, not even if they're G-rated.

4 **"There was so much blood. . . ."**
Sharing gory details is totally unfair to the poor people around you.

5 **"Why are you such a jerk?!"**
Arguments on the phone get really loud and can make others uneasy.

hang up, already!

How to politely ask that loud cell-talker to disconnect.

If you're in a place that has a manager, ask him or her to do the dirty work. Otherwise, put on your sweetest smile, tap the offender on the shoulder, and try one of these carefully worded lines:

"Would you please end your call? I can't hear what they're saying." (Try this when you're watching movies and plays.)

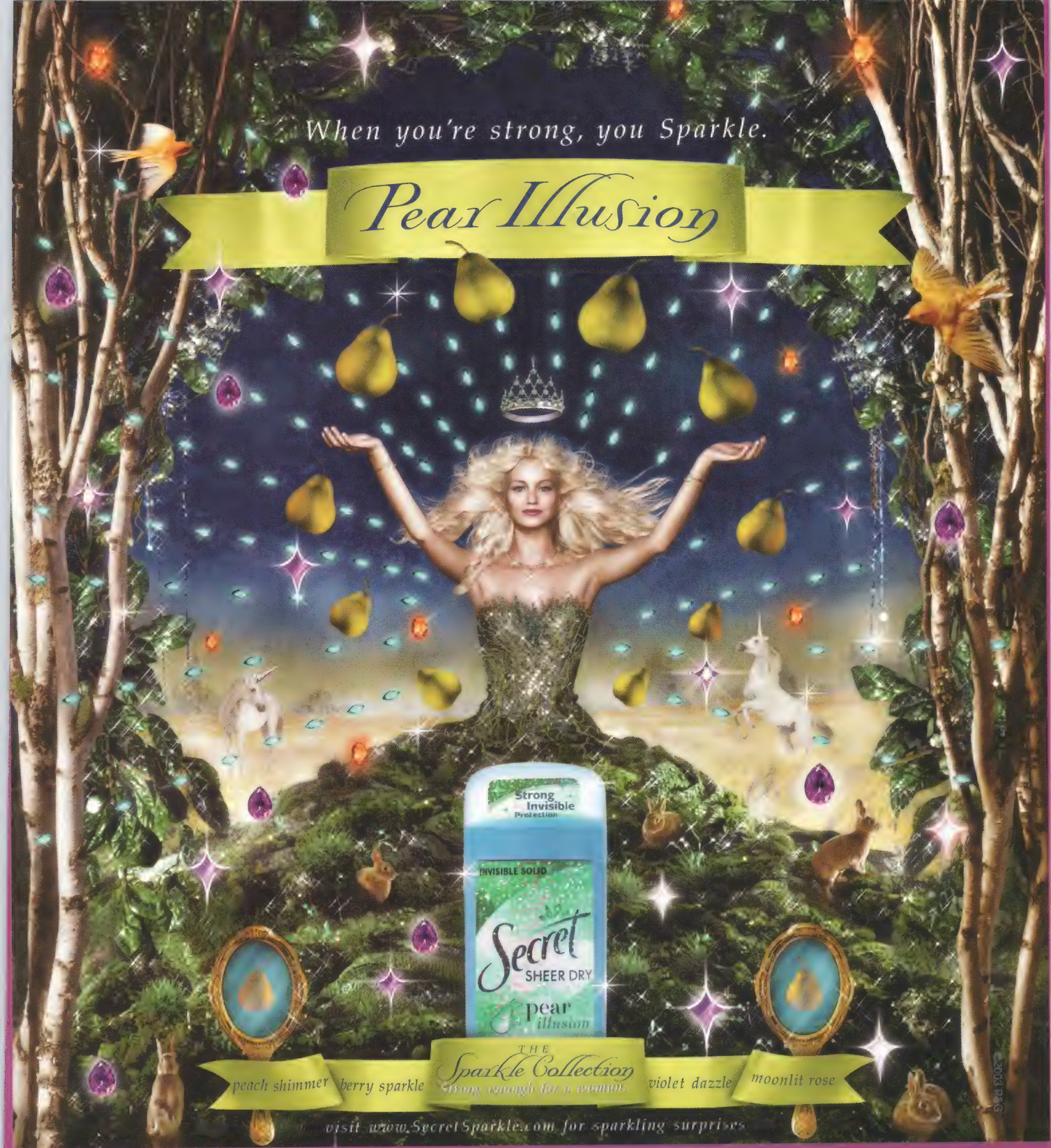
"Excuse me, but you're making it really hard for me to concentrate." (Good for museums, libraries, and places of worship.)

"Is it possible for you to speak a little more softly? I have a bad headache." (This will usually work just about anywhere.)

SEVENTEEN SUMMARY Just because you have a cell phone doesn't mean it's okay to use it anywhere. If you *have to* talk in public, be brief and discreet.

WEB Wondering how to do something the polite way? Ask us at seventeen.com/etiquette

HILFIGER: WENN PHOTOS/NEWSCOM; AFFLECK: GINSBURG-SPALY/X17AGENCY.COM. ANNA SKINNER IS THE AUTHOR OF *HOW TO PEE STANDING UP: TIPS FOR HIP CHICKS* (DOWNTOWN PRESS, 2003).



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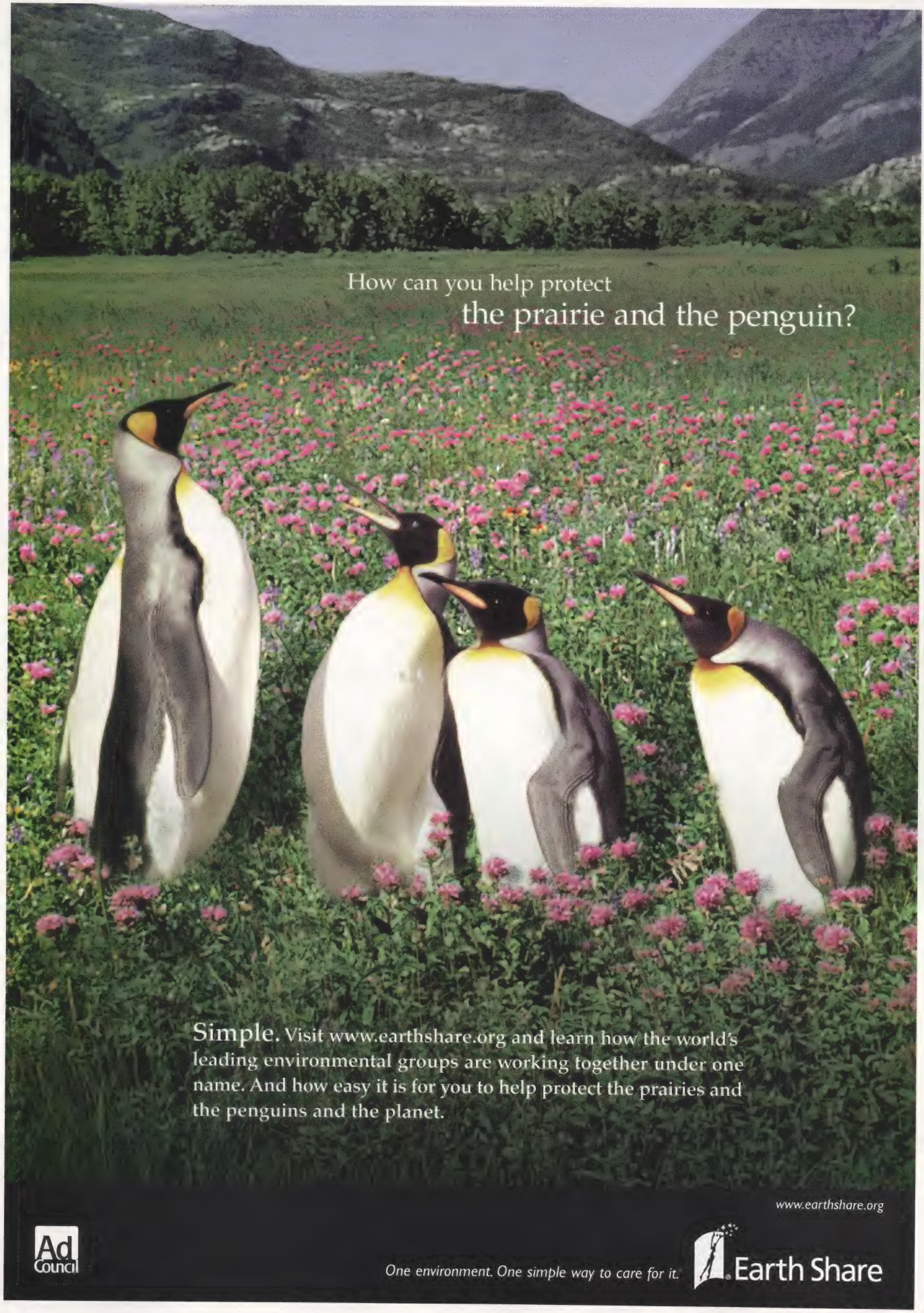
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Nancy – Honduras – April 2002

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❑ **I would like a:** ❑ boy ❑ girl ❑ either

❑ Choose a child who needs my help most from your EMERGENCY LIST.

k/16

OR, I prefer to sponsor a child in: ❑ Chile ❑ Colombia ❑ the Dominican Republic ❑ Ecuador ❑ Guatemala ❑ Honduras ❑ India ❑ the Philippines ❑ the United States

❑ Mr. ❑ Mrs. ❑ Miss ❑ Ms. *Please print*

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LOVE, ACTUALLY: Even if he hasn't said the words, the upside-down Spider-Man kiss is a sure sign of love, right?

"I speak to her differently than I do to my friends."

brian, 18, pelham, ny

hidden signs he's in love

Guys reveal how they act and what they say when they're totally into you.

he's so happy . . .

"I can tell that I'm in love because every single thing my girlfriend says or does makes me smile—even silly little things like the way she flips her hair or how she looks at me."

gawain, 18, windermere, fl

. . . and he shows it!

"I have tried to be nicer to other people ever since I started dating Clare. I don't know why, but I know I used to be a pretty cynical person. I guess that having the best thing in your life suddenly happen to you makes you decide that maybe the world isn't such a bad place after all."

scott, 19, decatur, ga

he's superpolite . . .

"If I am really in love with a girl, I make sure to always walk to her door and meet her when I pick her up at her house for a date. I also watch out for how I act around her parents. Getting little things like that right really matters to me when I really care about her."

michael, 18, elmhurst, il

. . . but kind of a geek

"If you are trying to decide if a guy is in love with you, look for any signs of awkwardness—I think that is the key. Guys who are in love are always striving to be perfect, so sometimes you make us really nervous."

jake, 18, east brunswick, nj

he likes girly stuff . . .

"I knew I was in love last weekend when I agreed to watch *Lady and the Tramp* with my girlfriend. It's her favorite movie, and it was fun. I didn't even laugh at her when she started crying at the sad parts!"

josh, 19, morristown, nj

. . . like, *really* girly!

"I write her notes and color funny pictures for her—in pink, because that's her favorite color. My guy friends make fun of me, but I don't care what they say, because I truly love her."

alex, 17, liberty hill, tx

it's all about you . . .

"If it's love, I speak to her differently than I do to my friends. I ask how she is doing, and I care about her answer."

brian, 18, pelham, ny

. . . and about trying to be a better person

"When I'm in love with a girl, I can't keep a grin off my face, and I try to be really considerate to her and to all of the women in my life."

danny, 19, sunnyvale, ca

he can't get enough of you . . .

"When I'm in love, I call for no reason—just to say good night."

andrew, 17, troy, oh

. . . no matter how far away you are

"I know it's love, because I drive three-and-a-half hours every other weekend from Columbia University in New York City to visit my girlfriend, who goes to Boston University. She doesn't have a car, and she can't really afford to take the train, so I am working as a waiter right now to pay for gas. It is tiring, but it's totally worth it when I get there and see her smiling face at the door!"

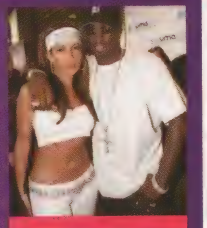
ridgely, 17, new york, ny

bad signs:

We knew it was over when . . .

Billy Bob Thornton & Angelina Jolie

. . . the constant PDAs just kept getting more and more bizarre.



Jennifer Lopez & P. Diddy

. . . J.Lo found it necessary to completely change her polished image.

Gwyneth Paltrow & Brad Pitt

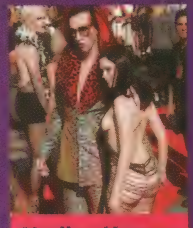
. . . they resorted to not just matching hairstyles but matching highlights.

Britney Spears & Justin Timberlake

. . . the denim duo emerged in full force. Can you say publicity stunt?

Burt McCracken & Kelly Osbourne

. . . Burt needed to advertise his newfound love on a ratty undershirt.



Marilyn Manson & Rose McGowan

. . . Marilyn actually let Rose go out in public in this barely legal getup.

SEVENTEEN SUMMARY No question, giving you his time and respect are big clues that a guy's into you. But sometimes the smaller details (like his perma-grin) can say just as much.

PHOTO: SAYE. STYLIST: GIGI SOLIS SCHANEN. HAIR: YUSUKE FOR PHYTO. MAKEUP: SOKPHALLA BAN AT BRADLEY CURRY. REPORTING: VIRGINIA SOLE-SMITH. ADDITIONAL REPORTING: KATIE D'ALEXANDER, ASHLEY GAINER, KALENNA LEE, AND KATE ROCKLAND. CELEB PHOTOS, CLOCKWISE FROM TOP RIGHT: KEVIN MAZUR/WIREIMAGE.COM, JEFFREY MAYER/WIREIMAGE.COM, PAUL SMITH FEATURE FLASH/RETNA, THEO WARGO/WIREIMAGE.COM, JOHN SPELLMAN/RETNA, CHRIS ASHFORD/RETNA.

"how i got the guy"

Halle Berry looks ready to warm up with this guy at the gym. (He wishes!)

PERSONAL TRAINER

"The gym is a great place to meet guys. One time I asked a guy if he knew a good stretch for shin splints. Before I knew it, we were running buddies!"

elizabeth, 20, raleigh, nc

BRING IT ON

"The way that I get the guy I want is to go up to him and say, 'Hey, I think you're cute!' Usually they respond by asking me out. So my advice is to be aggressive, B.E. Aggressive!"

racheal, 15, memphis, tn

DANCING QUEEN

"If I see a hot guy on the dance floor, I wait for a good song, then show him that I can dance to anything—techno, rap, or rock! This always works like a charm."

jessica, 17, harvard, ne

COOL HUNTER

"I'm really persistent! I call him a lot so we get to know each other, but I would *never* admit to wanting a relationship. Don't be a stalker! If he thinks you're not looking, he'll pursue *you*."

danielle, 20, salem, nh

"how she got me!"

"I work at a coffee shop, and this cute girl always ordered hot chocolate with brown sugar. It's weird, so it got my attention, and I wanted to find out more."

jeff, 19, guilford, ct

PHOTO: JFX/X17AGENCY.COM. ADDITIONAL REPORTING: SARAH GENNETT AND VANESSA LEBLANC.

WEB What's *your* best guy-getting move? Tell us at seventeen.com/myway

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girl around the world | Buenos Aires, Argentina

continental divide

Maria, 16, loves music and barbecues—but she's not quite as fond of her American peers. BY soledad pini

Name: Maria Canale
Age: 16
Dream: To be an actress
Favorite hobby: Singing

1. drawing conclusions

"I am very proud to be Argentinean. I'm willing to fight for my dreams even if it implies being different. I have a lot of faith in my country; we'll get over the current economic crisis."

2. girl bonding

"I go to an all-girls' school. All of my best friends are from there. During summer we meet up at midday to hang around in the sun and swim, or play the guitar and sip maté [an Argentinean drink that's like tea]. At night we rent movies with the guys."

3. in her eyes

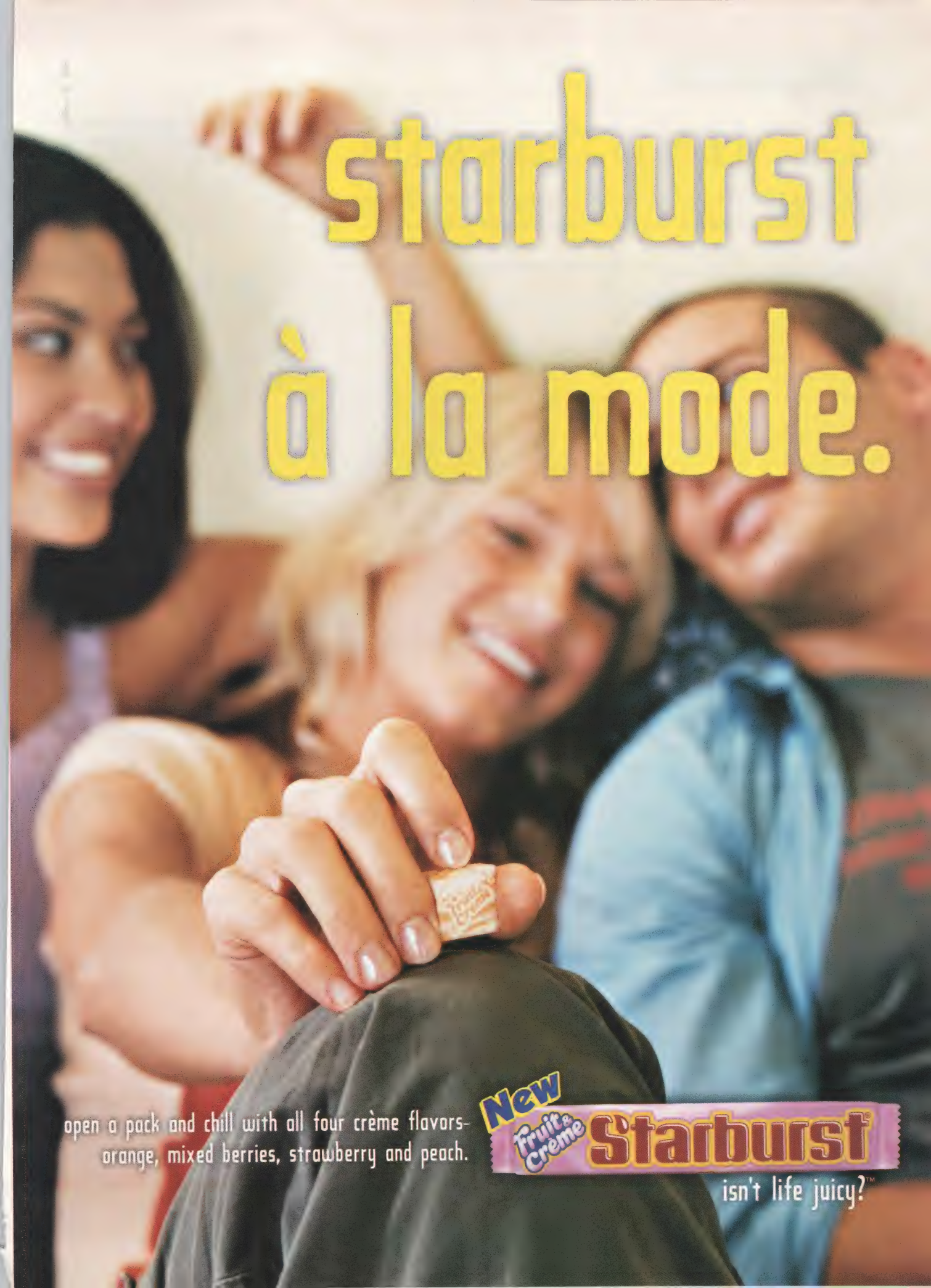
"I may be superficial in my judgment, but in my experience, I think that some young Americans tend to lose their own personalities in a quest to fit in with the environment."

4. center stage

"I'm the lead singer in a heavy metal band called Galahar. I also sing with my boyfriend's band. I'm taking guitar lessons, and we are preparing a show in which we'll do covers of Led Zeppelin and Pink Floyd. As personal therapy, I also like to paint in my free time."

PHOTOS: FAUNDO MAYDANAL

WEB To share your thoughts with Maria, go to seventeen.com/internationalgirl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make a difference

help this girl

She's only 16, but Chuku's lived through a horrific war in Sierra Leone. All you have to do is listen. BY suchin pak

guest reporter
SuChin Pak has been an MTV News correspondent since May 2001.

In more than a decade of a civil war that ended in 2002, the small country of Sierra Leone suffered a large share of the world's most brutal human rights violations. But until I started researching this story, I couldn't point to it on a map. Now I know something about the place, something so painful and moving that I hope it compels you to take action, whether that means just reading about a small country you couldn't put your finger on before, or volunteering a few hours a week to make life better for another human being.

Chuku, last summer.

TRAGIC HISTORY

Chuku, who used to live in Sierra Leone's capital, Freetown, tells me about the morning of January 6, 1999. "I was in school, and we heard the bomb. My mom was supposed to pick me up, but the principal wouldn't let us leave." Chuku's father was living in Boston, driving a taxi to save money to bring the family over to safety. "That night the rebels came into the village," Chuku recalls. "They say, 'We are going to burn you up and kill you.' And they are in your living room." Three child soldiers burned her home to the ground.

Three days later, the rebels entered Chuku's school and kidnapped three 12-year-old girls. "They raped my best friends and killed them," Chuku says in a whisper. "I saw their bodies. I fell apart." Now Chuku has three scar lines on her right leg, small scratches she made with a knife. "They are friendship marks—each for my friend who was killed," she says.

SIERRA LEONE:

- **A country** (about the size of South Carolina) on the west coast of Africa.
- **43,000** people were killed in a civil war from 1991 to 2002.
- **Two million** people had to flee their homes; many children were forced into sexual slavery.
- **More than half** of its 4.7 million people are under age 18.

A young woman carries her babies to a feeding center in Sierra Leone in 1995.

ADJUSTING TO AMERICA

In 2001 Chuku's father had raised enough money to put Chuku and her mother, younger brother, and sister on a plane to Boston, where they now live in a two-bedroom apartment. Despite all Chuku had witnessed in Sierra Leone, she describes her first day of school here as one of the worst of her life. "The kids talked to me just to laugh at my accent or name," she says. "They said I'm an African monkey or elephant, or I stink like a fish." She spent almost every lunch period crying in the bathroom. "I wanted to kill myself."

CHANGE FOR THE BETTER

Chuku's life began to turn around about a year later, when she transferred to English High, with its huge number of refugees and recent immigrants, including the principal.

The school works closely with the International Rescue Committee (IRC), which encourages students like Chuku to talk about their experiences and find a community. "I love the IRC; it's changed my life," Chuku says, her voice now more cheerful. "It's good to get to know people—their culture, their stories, how they feel—no matter who you are or where you're from."

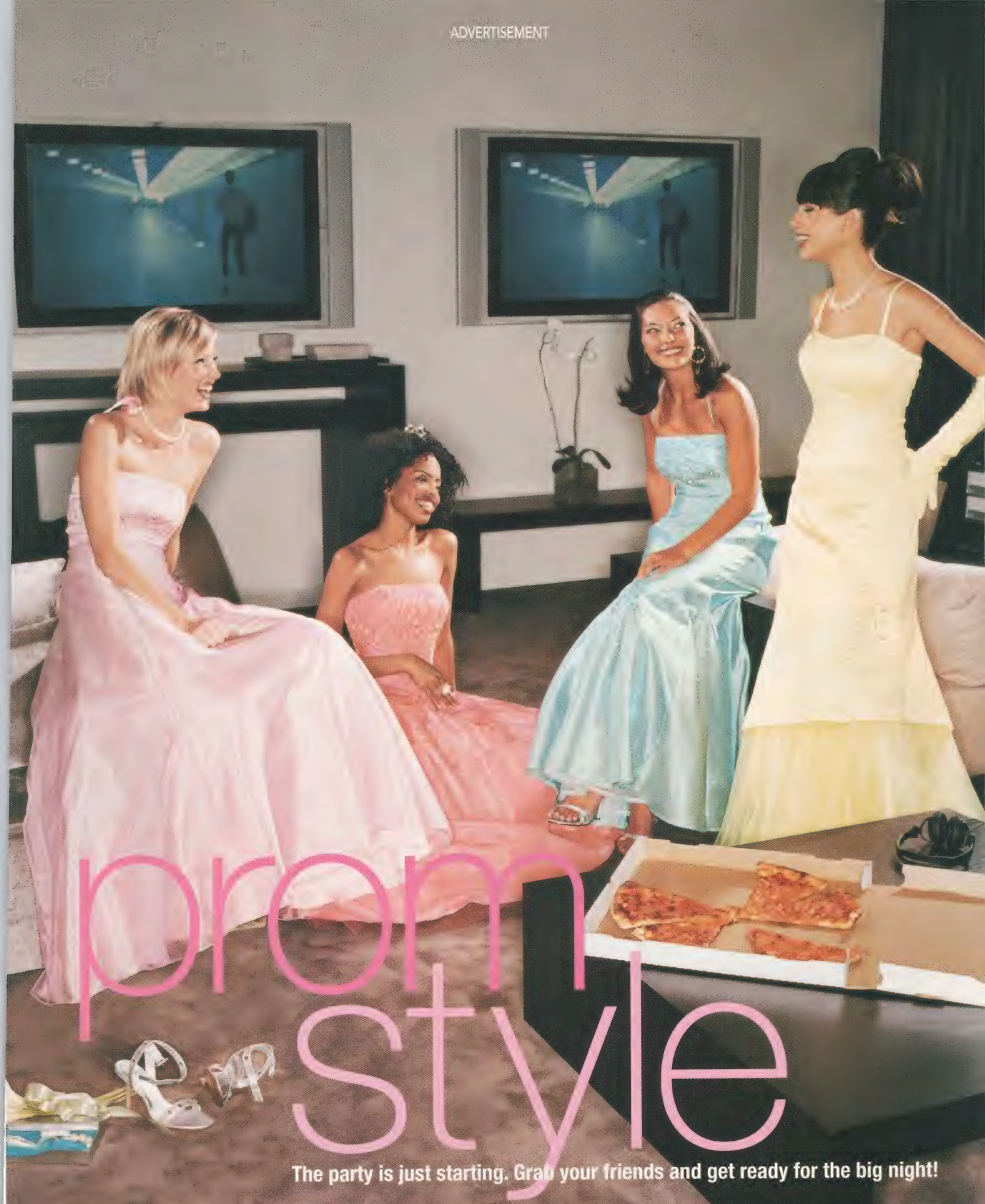
Chuku still thinks of Sierra Leone every day. "I love my country," she says. "People were suffering, and there was a lack of doctors. I want to go back to be a doctor, so I can help." 17

how you can help

One of the toughest challenges for teens who are new to America is fitting in with their peers. And hey, *you're* their peers!

IRC volunteers are in high demand after school, on weekends, and during summers, when teen refugees—and you!—have free time. Visit theirc.org to see how to best spend an hour or two. It's as simple as taking someone shopping, helping them with homework, or teaching them to ride the subway. *And* you get to learn someone else's rich story.

PAK: COURTESY OF MTV. SIERRA LEONE: JEAN-MARC BOUJU/AP PHOTO. CHUKU: COURTESY OF INTERNATIONAL RESCUE COMMITTEE.

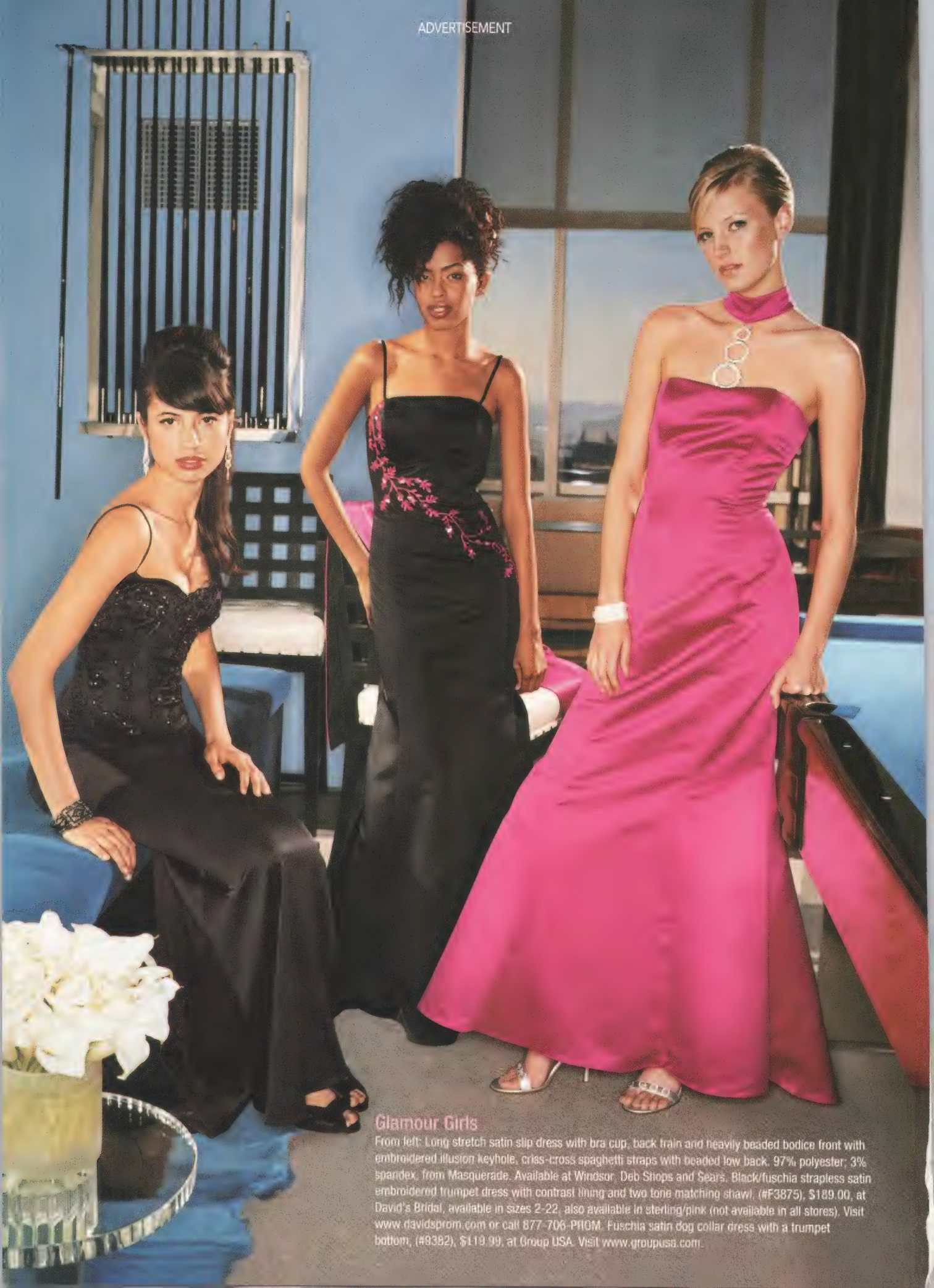


prom style

The party is just starting. Grab your friends and get ready for the big night!

Pretty In Pastels From left: Pink embroidered organza dress, (#5345), $198.00, from Faviana, available in sizes 0-16. For additional information and store listings, visit www.faviana.com. Sugarplum English net dress over satin crystal beading sequins, optional halter strap, (#3614), $335.00, from Alfred Angelo, available in sizes 2-20. Turquoise/gold shimmer dress with bead empire and godet (#9343376), $119.99, at Group USA. Visit www.groupusa.com. Banana mock two-piece dress with shirred tulle bodice, satin/tulle trumpet skirt with flower appliques, (#F3965), $189.00, at David's Bridal, available in sizes 2-22. Visit www.davidsprom.com or call 877-706-PROM.

Photographed at The Esquire Apartment at The Trump World Tower



Glamour Girls

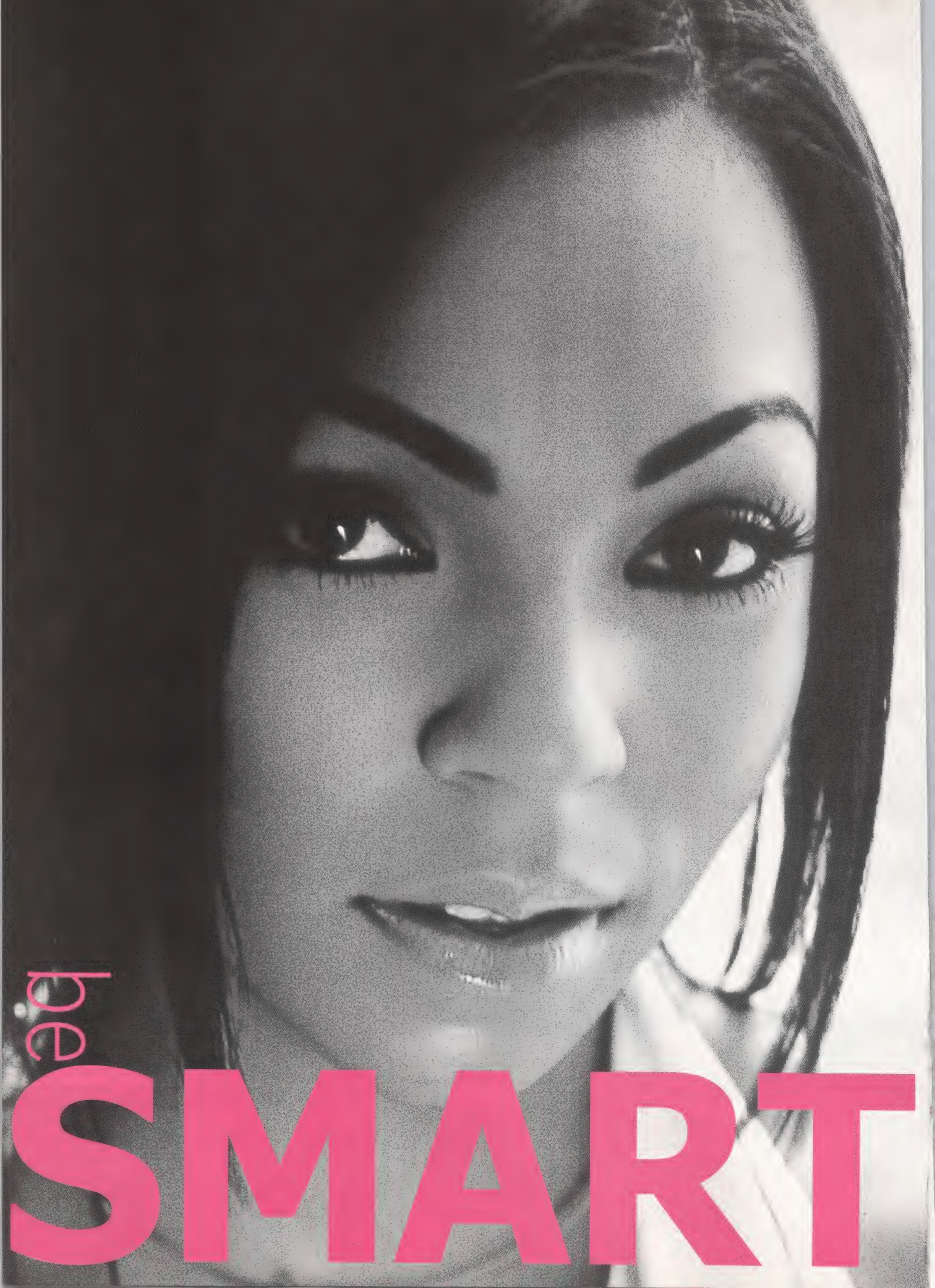
From left: Long stretch satin slip dress with bra cup, back train and heavily beaded bodice front with embroidered illusion keyhole, criss-cross spaghetti straps with beaded low back. 97% polyester; 3% spandex, from Masquerade. Available at Windsor, Deb Shops and Sears. Black/fuschia strapless satin embroidered trumpet dress with contrast lining and two tone matching shawl, (#F3875), $189.00, at David's Bridal, available in sizes 2-22, also available in sterling/pink (not available in all stores). Visit www.davidsprom.com or call 877-706-PROM. Fuschia satin dog collar dress with a trumpet bottom, (#9382), $119.99, at Group USA. Visit www.groupusa.com.

Blue Crush

From left: Sugarplum English net dress over satin crystal beading sequins, optional halter strap, (#3643), $335.00, from Alfred Angelo, available in sizes 2-20. Ombre satin, ruched, A-line, modified ball gown is exclusively available at any Cache store nationwide. Visit www.cache.com for this or 100's of other prom dress choices. Ocean blue charmeuse rhinestone studded dress, (#5347), $198.00, available exclusively at Cache, available in sizes 2-12. For store locations visit www.cache.com.

Score A Free *Seventeen* Gift!

When you purchase one of the dresses featured in this *Prom Style* section or from one of the *Prom Style* retailers listed in this section! Just mail a copy of your receipt to *Seventeen's* Merch Dept., 1440 Broadway, 13th Floor, New York, NY 10018. See the *Check It Out* section in this issue for more details. (While supplies last.)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election '04 ★★★

vote for them!

Well . . . they're not running for office. (We wish.) But these young activists offer every reason to exercise *your* political muscle. BY virginia sole-smith

rock the vote

Maya Enista (left)

taking it from the streets

deep-rooted: "When I was younger and you asked me what I wanted to be, I said, 'I want to be President.' I didn't know there was much in-between," says 20-year-old **Maya Enista,** a junior at Rutgers University and Rock the Vote's East Coast Community Street Team coordinator. "Now I realize you can make more of a difference in organizing grassroots efforts." In her first two months on the job, Maya registered 12,000 voters. **multimedia rights:** Her mother left Romania to come here for the freedoms of speech and religion. "So more than most people my age," Maya says, "I don't take our rights for granted." **rockin' good company:** Last year Rock the Vote gave Maya its Rockin' the Streets award. Other honorees? Peter Gabriel, Alanis Morissette and Chuck D.

Alanis Morissette

get involved! Join the Street Team at rockthevote.com; register voters and e-mail maya@seventeen.com for advice.

hip-hop team vote

from the hip

Tarajee Eli-Muhammad

early admissions: "I want to make registering to vote required at high school graduations across the state," says 16-year-old **Tarajee Eli-Muhammad,** a Hip-Hop Summit Action Network volunteer and high school sophomore in Houston. **the activist gene:** "When I was 10, I would go door-to-door with my mom, telling people to vote," Tarajee says. "We were inspired by my grandmother, who spent most of her life working for the NAACP." **gun controller:** Tarajee says, "In Houston recently, a 17-year-old girl was shot at a football game. It's time to stop people from getting guns in the first place." **high notes:** Russell Simmons, Eminem, and Jay-Z are all HSAN activists.

get involved! Help Hip-Hop Team Vote register "Two Million More in 2004" and sign up for clothing discounts and e-mails about new hip-hop releases. Go to hsan.org or e-mail tarajee@seventeen.com to learn more.

freedom's answer

student-run

Katie Sciortino

road to freedom: "I got involved because I know lots of girls my age think that politics is just old men fighting on TV," says 18-year-old **Katie Sciortino,** a Freedom's Answer volunteer and high school senior in Mandeville, Louisiana. "I want to change that. If you don't vote, you give up your right to criticize what's going on in your world. To take voting for granted is one of the worst things we can do as Americans." **case studies:** "Freedom's Answer is entirely run by students, and we're creative about getting our message out. One group of girls trick-or-treated on Halloween and took pledges for votes. I'm putting together a recruiting video. I'd like to be the next Katie Couric!"

get involved! Freedom's Answer did the math, and it goes like this: If two and a half million teens seek 10 voter pledges each, that's 25 million American voters! E-mail katie@seventeen.com or visit freedomsanswer.net to help.

declare yourself

it's personal

Ann Nemitz

politicians for hire: Declare Yourself challenges young people to find their own reason to vote. Facing college tuition is what led 17-year-old **Ann Nemitz** to hers. "While I was applying to schools, I saw how outside factors—the economy, the job market, the government's decisions—affect my future," says the high school senior and Declare Yourself spokesperson from Mesa, Arizona. "Politicians work for us—that's why we pay them. How do *we* want them to spend our money?" **carrying the torch:** "My history teacher told us that the elderly have benefits because they're the ones voting. Imagine what amazing things young people can get our government to do if we all vote!"

get involved! Join the Declare Yourself ranks—with Drew Barrymore, Cameron Diaz, and Reese Witherspoon. Post messages on the blog and discuss candidates at declareyourself.com or e-mail ann@seventeen.com.

ENISTA & MORISSETTE: COURTESY OF ROCK THE VOTE. ELI-MUHAMMAD: COURTESY OF HIP-HOP TEAM VOTE/HIP-HOP SUMMIT ACTION NETWORK. SCIORTINO: COURTESY OF FREEDOM'S ANSWER. NEMITZ: COURTESY OF DECLARE YOURSELF.

WEB For more on all the candidates, visit seventeen.com/election

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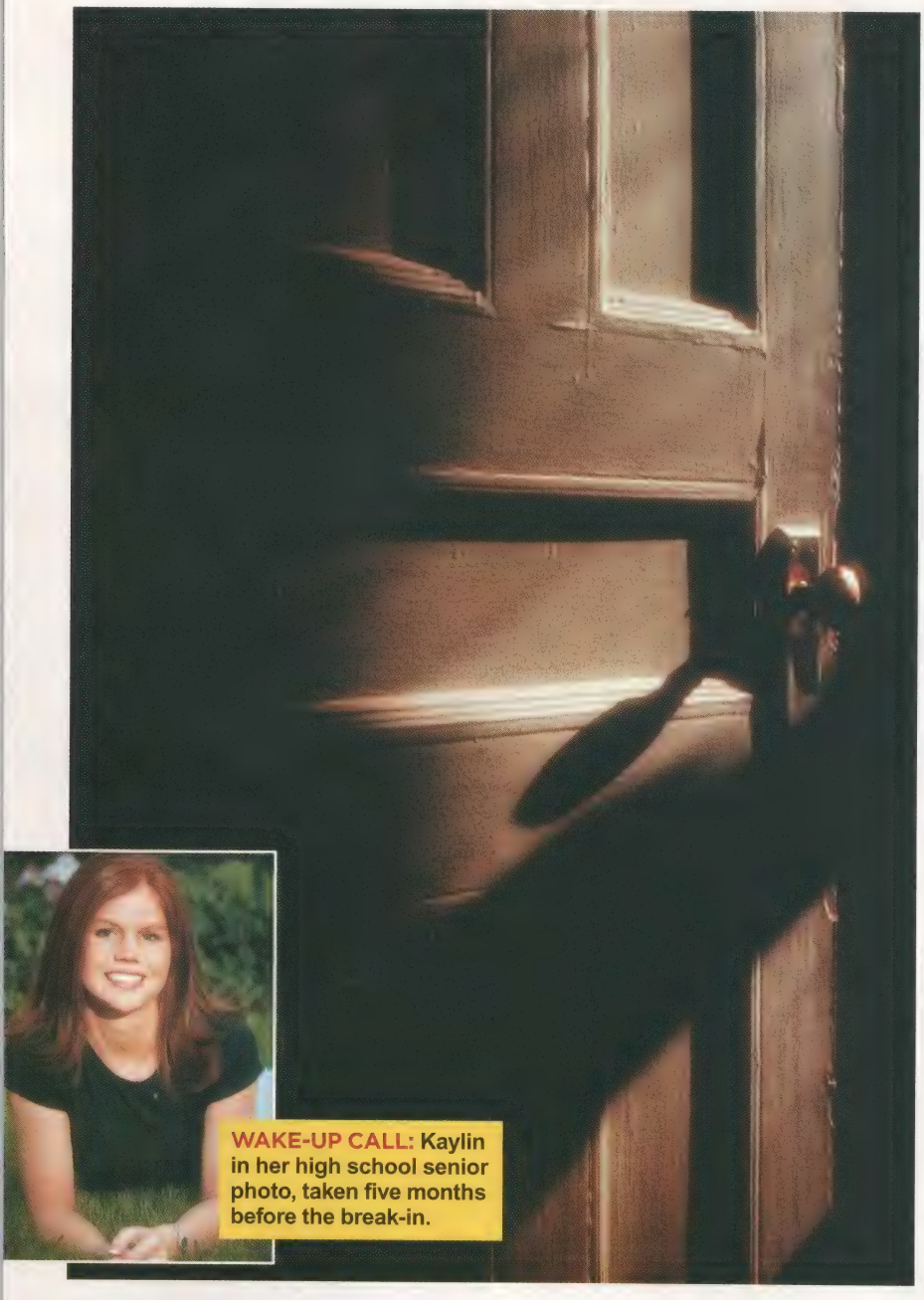
17 exposed | campus crimes

"a stranger got in my bed"

A string of bizarre sexual assaults has struck college campuses. Meet one of the victims, 18-year-old Kaylin of Alexandria, Louisiana. BY whitney joiner



WAKE-UP CALL: Kaylin in her high school senior photo, taken five months before the break-in.

When Kaylin first woke up on Sunday, September 21, 2003, and realized a guy was in her bed, she assumed it was her guy friend Taylor, joking around. The night before, football powerhouse Louisiana State University, where 18-year-old Kaylin is a freshman, beat the University of Georgia, and the parties that followed were endless. Kaylin, two of her three roommates, and friends who were in town for the game had stayed up late in their off-campus apartment. She didn't get to bed until around 3 A.M.

Now it was 7:30 A.M. Kaylin was lying on her side, facing the wall. Someone was lying next to her, lightly tracing circles on her back through her T-shirt. She could see out of the corner of her eye that it was a guy. He pushed her across the bed, got under the covers, and put his arms around her. "But I felt his arms shaking," says Kaylin, "and that's when I knew it wasn't Taylor."

She bolted up and stared at him. "He looked normal," she says: brown hair, maybe 5'9", skinny, clean-cut. "Who are you?" Kaylin asked, confused and still not completely awake. "It's okay—I'm Steve," he said.

"I don't know you!" Kaylin yelled. "What are you doing here?" Looking around her room, she got scared. She was sure she'd shut her bedroom door that night, as always, but it was open. And the picture frames that had been on her windowsill were now on the floor. The guy must've climbed through her first-floor window, walked into the apartment, then come back into her room. "All I wanted to do was get out and get my roommate," she recalls.

"Just calm down," the guy said, sounding defensive.

"Get out of my apartment!" Kaylin shouted back at him.

"Okay," he said and calmly walked out through the front door.

Stunned, Kaylin struggled to catch her breath. What if he was armed, she thought. What if he hadn't left when I told him to?

Kaylin ran to wake up one of her roommates, who went outside to find "Steve." But he was gone. So the girls put Kaylin's screen back up, then shut and locked her window. Before

THE ADVOCATE

Sleeping women awaken to 'guest'

'Steve' visits at least 9; none hurt

By JOSH NOEL

Advocate staff photo by Kerry Maloney

Kaylin Spence, left, and Kayla Gossett, 18-year-old LSU freshmen, found a man calling himself 'Steve' in their apartment Sunday morning. Police believe 'Steve' has entered nine apartments of young women near LSU. Spence, sitting under the window that the man entered, woke up with him in her bed.

'STEVE', Page 2B

THE SNUGGLER

THE SUSPECT: Steve Danos, 24, is a former LSU student.

HOME SAFE? Kaylin, left, and her roommate Kayla, outside their apartment.

Kaylin went back to sleep, another roommate suggested she call the police, but given the campus-wide partying that had been going on the night before, Kaylin assumed the guy was just drunk and had wandered into the wrong apartment.

THE SERIAL SNUGGLER

She'd assumed wrong. In fact, the intruder—who became known around campus as the Serial Snuggler—had entered the apartments of nine women in her complex that night. "He knew which apartments were girls' apartments," says Kaylin. "It was like he had it mapped out—like he'd been watching us or something. Almost everybody thought they were the only one, and they blew it off, but one girl called the cops."

HE'S BUSTED

The suspect, 24-year-old former LSU student Steve Danos, was caught two days later by a security guard while trying to open one of Kaylin's roommates' windows around 3 A.M. When the guard brought him to Kaylin's door, she screamed, "That's the guy who got into our apartment!" Danos escaped from the complex before the guard could catch him, but then turned himself in a few days later.

This wasn't his first run-in with the law. In December 2002 he'd been put on probation after breaking into the apartment of two women and watching them sleep. When he turned himself in last fall, he tested positive for pot, which violated his probation. This past October he was sentenced to four months in the East Baton Rouge Parish Prison; after that he'll face charges for the LSU break-ins.

> "We have to watch our backs. There *could* be another Steve out there."

NOT BACK TO NORMAL

Kaylin and her roommates still don't feel completely safe. "Now we have to watch our backs every second," says Kayla Gossett, 18, Kaylin's best friend and one of her roommates at LSU. "Because there *could* be another Steve out there."

"I've never had to worry about my safety," says Kaylin. "I've never had anything happen to me or my family. But in college, you're on your own—and you have to consider that. You have to protect yourself." 17

BIZARRE BREAK-INS

jack the snipper

In June and July 2003, a man entered seven off-campus apartments at the University of New Hampshire and cut off girls' clothes with scissors while they slept. Police say they have a suspect in the cases who has been arrested for similar charges in the past—but they don't have enough evidence yet to charge him, because none of the women got a good enough look at him.

a random masturbator

In October 2003, at the University of Oregon, two female students were in their kitchen around 3:30 A.M. on a Saturday when a man opened the unlocked back door, walked in, and started masturbating in front of them. The girls screamed and ran to wake up their third roommate; the man ran out the door and disappeared.

WHAT'S GOING ON?

Experts classify these acts as a form of sexual assault. According to the Rape, Abuse & Incest National Network (RAINN), sexual assault includes all kinds of unwanted sexual behavior. "These acts may be a rehearsal for a man who is experimenting with sexual intimidation," says Carole Sheffield, a professor of political science and women's studies at William Paterson University and an expert on violence against women. "It's similar to what rapists want—sexual excitement and to invoke fear in the women they assault."

STAYING SAFE

Five smart ways to protect yourself on—and off—campus:

1. Lock your doors and windows.
2. Travel in pairs or groups at night.
3. Stay in well-lit areas.
4. Be alert while talking on your cell phone.
5. Think twice before giving out personal information to people you've just met, no matter how "normal" they seem. In one case, a girl casually mentioned to a guy at a party that her door needed repair; he broke in later that night.

OPPOSITE PAGE, PHOTO: CORBIS IMAGES. INSET: COURTESY OF KAYLIN SPENCE. THIS PAGE: DANOS: COURTESY OF MUGSHOTS.COM. SAFETY EXPERT: TOM PATIRE, BODYGUARD TO CELEBS LIKE EMINEM AND CHRIS ROCK AND THE AUTHOR OF *THE PERSONAL PROTECTION HANDBOOK*.

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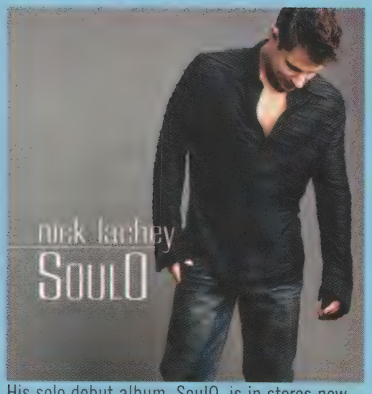
ENTER THE JCPENNEY "ROCK YOUR PROM 2004" SWEEPSTAKES

You could win a live performance by Nick Lachey at your prom!



His solo debut album, SoulO, is in stores now.

1 GRAND-PRIZE WINNER WILL GET:

* Universal Records musical artist **Nick Lachey** making a surprise announcement at your school * Live performance by **Nick Lachey** at your prom * Red-carpet prom entrance * Prom dress from **JCPenney** * Prom makeover at a **JCPenney Styling Salon** * Crystal tiara and a $2,500 gift certificate from Stumps Prom and Party Catalog for prom decorations and favors for your school * Your picture in *Seventeen*

10 FIRST-PRIZE WINNERS WILL GET:

* Prom dress from **JCPenney** * Crystal tiara from Stumps Prom and Party Catalog * Prom makeover at a **JCPenney Styling Salon**

50 SECOND-PRIZE WINNERS WILL GET:

* *Seventeen* prom-themed T-shirt

To enter stop by your local **JCPenney** store by March 10, 2004 or see full rules on page 192.

www.nicklachey.com

UNIVERSAL RECORDS

it's allinside:

JCPenney

check itout!

seventeen's Celeb Merch Editors go nationwide!

KEY: celebrity appearance | door prizes | gifts-with-purchase | mini-makeovers | musical performance | style squad

Events

BLOOMINGDALE'S

Let *Seventeen* and Bloomingdale's get you ready for Prom 2004!

Meet a *Seventeen* Celeb Merch Editor • Check out the latest prom fashions and accessories modeled by real guys and girls • Score free makeovers & beauty tips • Take home a framed photo of yourself on the cover of *Seventeen* • Get a free *Seventeen* gift with your prom dress purchase* • Enter to win the prom dress of your dreams!

Check out the All About Prom @ Bloomingdale's Fashion Shows from 1:00-3:00 p.m. in the Prom Dress Dept. at the following locations:

King of Prussia Mall—King of Prussia, PA
Fashion Show: Saturday, March 13
For more info, call 610-337-6386.

The Mall at Short Hills—Short Hills, NJ
Fashion Show: Saturday, March 13
For more info, call 973-548-2315.

Lenox Square—Atlanta, GA
Fashion Show: Saturday, March 20
For more info, call 404-495-2887.

Tyson's Corner—McLean, VA
Fashion Show: Saturday, March 20
For more info, call 703-556-4519.

Special Chainwide Activities: From March 11–28, spend $250 or more on a prom dress and receive a $25 Bloomingdale's gift card redeemable everywhere in-store.*

bloomingdale's

JCPENNEY

JCPenney and *Seventeen* are bringing you the hottest prom fashions! Come to our model calls for your chance to model in a "Rock Your Prom" fashion show with a live musical performance!**

Get glammed by the **JCPenney Styling Salon** with Paul Mitchell products • Walk away with free goodies • Receive a cool *Seventeen* gift with your prom dress purchase* • Catch the eye of a rep from Ford Models at the model calls in FL, NY and IL and you might score a Ford modeling contract • Look for Stumps Prom and Party Catalog participation at the events!

All model calls are from 4:00–6:00 p.m. and all fashion shows start at 1:00 p.m.

Tacoma Mall—Tacoma, WA
JCPenney Court
Model Call: 3/4; **Fashion Show:** 3/6

Ingram Park Mall—San Antonio, TX
Center Court
Model Call: 3/11; **Fashion Show:** 3/13

Lakeside Mall—Sterling Heights, MI
Center Court
Model Call: 3/11; **Fashion Show:** 3/13

Here's the scoop on our "Super" events in Schaumburg, IL, Aventura, FL, and Garden City, NY (NY dates TK)! Strut your stuff at any of the 3 model calls and you could be in the "Super" fashion show! Plus, *Seventeen* is looking for a local band in Aventura and New York to rock out at our "Super" fashion shows! If you think you have what it takes, send us a VHS tape of your band performing and you could be a super-star for a day! Send a copy to: *Seventeen*, Attn: K. D'Aliso, Merch Dept., 1440 Broadway, 13 fl., New York, NY 10018. Tapes will not be returned.

Westfield Shoppingtown Hawthorn—Vernon Hills, IL
West Court
Model Call: 2/24

Orland Square Mall—Orland Park, IL
West Court
Model Call: 2/25

Woodfield Mall—Schaumburg, IL
JCPenney Court
Model Call: 2/26; **"Super" Fashion Show:** 2/28

Westland Mall—Hialeah, FL
JCPenney Court
Model Call: 3/16

Dadeland Mall—Miami, FL
JCPenney Court
Model Call: 3/17

Aventura Mall—Aventura, FL
JCPenney Court
Model Call: 3/18; **"Super" Fashion Show:** 3/20

it'sallinside:

JCPenney PAUL MITCHELL FORD MODELS

*While supplies last. **Musical performances and celebrity guests are subject to change. Please note that when attending a *Seventeen* event, your photo may be taken and appear in *Seventeen* and/or on *Seventeen*.com.

Events

CARSON PIRIE SCOTT & CO.

Looking for the perfect prom dress? Let *Seventeen* show you the hottest trends! Stop by the Boston Store model calls listed below for your chance to star in the *Seventeen* fashion show.

Meet a *Seventeen* Celeb Merch Editor • Receive a cool *Seventeen* gift with any prom dress purchase* • Score a free mini-makeover from Clinique • Pick up info on flowers, tuxes and everything you'll need for the big night!

Milwaukee, WI—Boston Store
Model Calls: Saturday, February 28
Bay Shore Mall, Southridge Mall and Mayfair Mall
Call Boston Store locations or visit
www.bostonstore.com for times.
Fashion Show: Saturday, March 6
Brookfield Square at 1:00 p.m.

Be sure to stop by the Rosedale Shopping Center in MN for the Herberger's fashion show on Saturday, March 13 for a free gift from *Seventeen* with your prom dress purchase.*

Plus, all Boston Store, Carsons, Herberger's, Younkers and Bergner's locations nationwide will hold a Prom Extravaganza on Saturday, March 6 from Noon–5:00 p.m. Stop by for makeovers, info on tuxes, limos and flowers, and a subscription to *Seventeen* with a prom dress purchase.*

Boston Store Herberger's

GROUP USA

"Get Discovered" with *Seventeen* and Group USA!

Come to our model call for your chance to appear in a future issue of *Seventeen* • Check out *Seventeen's* favorite models wearing the hottest Group USA prom fashions • Enter to win the "Prom of Your Dreams" giveaway • Get a free gift with purchase of a prom dress!*

Group USA—Grapevine, TX
Model Call: Saturday, February 28, 1:00 p.m.

GROUP USA® THE CLOTHING COMPANY

Shop for your prom dress at these Group USA locations and get your fabulous, free gift from *Seventeen*!*: Auburn, WA; Auburn Hills, MI; Concord, NC; Elizabeth, NJ; Gurnee, IL; Las Vegas, NV; Miami, FL; Milpitas, CA; Olathe, KS; Ontario, CA; Philadelphia, PA; Prince William, VA; Secaucus, NJ; Sunrise, FL; Tempe, AZ

MACY'S EAST

Find your Spring Break Style at *Seventeen* and Macy's Spring Fling Parties!

Real girls with hip style will be selected to appear in a *Seventeen* and Macy's spring fashion show (see below) • Check out pro models in the coolest spring fashions • Meet a *Seventeen* Celeb Merch Editor • Shop Macy's Juniors Dept. and score a free *Seventeen* gift with a qualifying purchase* • Get free mini-makeovers & manicures • Sip mocktails, have a palm reading and more!

All Spring Fling parties start at 7:00 p.m. in the Macy's Juniors Dept.

Macy's New Orleans Centre—New Orleans, LA
Friday, March 19

Macy's Lehigh Valley Mall—Whitehall, PA
Friday, March 26

Macy's Burlington Mall—Burlington, MA
Friday, April 2

macy's

Want to be a model? We're looking for high-energy girls of all looks, shapes and sizes to strut their stuff in a Macy's spring fashion show and we're giving you the clothes to keep!

If you live near New Orleans, Philadelphia or Boston, send your full name, address, date of birth and daytime phone number with a full length photo & headshot (professional photos not necessary), sizes (dress, shirt and pant) and 100 words or less on why you'd make the perfect *Seventeen* model to: *Seventeen* & Macy's Spring Fling, 1440 Broadway, 13 fl., New York, NY 10018. We will notify winners at least one week prior to each event. Go to *Seventeen*.com for complete rules. Photos will not be returned.

Entry Deadlines: New Orleans - March 5, 2004; Whitehall - March 12, 2004; Burlington - March 19, 2004

SPRING TREND TOUR

Want to star in *Seventeen's* Spring Trend Tour...an all access pass to the hottest fashion, music and more? Try out at these "Get Discovered" model calls for your chance to appear in our Spring Trend Tour fashion show!

Check out the hottest spring and prom gear at the live fashion show • Catch a rockin' performance from a hot musical act** • Score tons of free goodies from our cool sponsors* • Plus, enter to win amazing door prizes, including free prom dresses!

All model calls are from 4:00-6:00 p.m. and all fashion shows start at 1:00 p.m.

Woodland Hills Mall—Tulsa, OK
Model Call: 3/4; **Fashion Show:** 3/6

Citadel Mall—Charleston, SC
Model Call: 3/11; **Fashion Show:** 3/13

Fashion Place—Murray, UT
Model Call: 3/25; **Fashion Show:** 3/27

Clackamas Town Center—Portland, OR
Model Call: 4/22; **Fashion Show:** 4/25

Sponsored by: Alfred Angelo, Art Instruction School, David's Bridal, Faviana, Group USA, Masquerade, St. Ives

hot link

Check out what's new on seventeen.com

beinggirl.com

From your body to boys and everything in between, including free samples! Get the girl facts that matter.

GO TO:
seventeen.com/beinggirl

Wal-Mart

What's your favorite style this spring? Trend*Alert brings all the hottest must-haves directly to you. Find the freshest styles, accessories and music of the season.

GO TO:
seventeen.com/trendalert

17 Wireless

What's your ringtone? Check out our sweet sounds for your cell! Rock out with 17wireless!

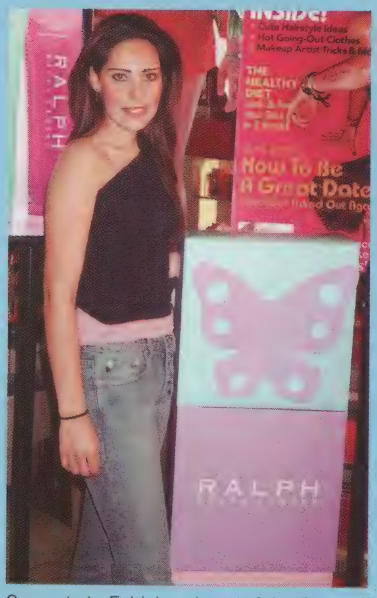
GO TO:
seventeen.com/wireless

Prom Shopping

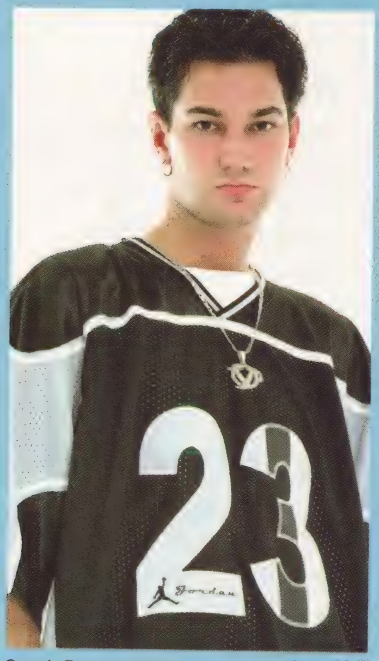
Prom season is here! Check out the seventeen.com Prom Directory and find everything you need with just one click. We make prom shopping fun.

GO TO:
seventeen.com/promdirectory

Photo Gallery



Congrats to Fabiola, winner of the Ralph Lauren Fragrance "Get Discovered" model call in Chicago.



See J. Roman perform, February 28, at the **JCPenney** Rock Your Prom "Super" fashion show at Woodfield Mall in Schaumburg, IL!

Seventeen Celeb Merch Editor, Zoe (center), hung out with the Bob's Stores sweeps winner Jamie (l) and her friends Dana, Toni-Ann and Melissa.

Cool Stuff

PROM STYLE GIFT GIVEAWAY

Score a free *Seventeen* gift* when you buy one of the prom dresses featured in the *Prom Style* section or from one of the *Prom Style* retailers, featured on pages 121 & 123 in this issue. Just mail a copy of your receipt to *Seventeen*, Attn: Merch Dept., 1440 Broadway, 13 fl., New York, NY 10018. We'll send you a stylin' *Seventeen* gift.*

seventeen

Seventeen Suggests

BONNEBELL CONTEST

What role do sports play in your life? Enter bonnebell's "Be Everything You Are" contest and tell us for a chance to win $1,000 and an appearance in *Seventeen*. You never know where playing sports will take you! Check out page 71 in this issue for more details.

bonnebell

MACY'S GO RED

Join Macy's in the fight against heart disease, the #1 killer of women. Purchase a $10 Red Dress Bear, beginning February 5, and The American Heart Association will receive 50% of the proceeds from each bear sold. Visit a Macy's store near you or log on to www.macys.com for details.

☆macy's

OPERATION FAIRY DUST

Everyone knows that prom is one of the largest social events in a teen's high school years. This rite of passage can be expensive, and many teens are often unable to meet the costs to participate. Make a difference by donating your gently used dress to Operation Fairy Dust. For more information visit www.nybacked.org.

NYBACKed
New York Benefit & Aid Committee for Kids

SECRET SPARKLE COLLECTION SWEEPSTAKES

The "Sparkle in the Big Apple" Sweepstakes Grand Prize winner will feel truly enchanted. Just imagine—a free trip to New York City with a shopping spree, fabulous makeover, and a chance to meet Anne Hathaway, star of *Princess Diaries*. Score interviews with celebrities, TV coverage, and tickets to the *Ella Enchanted* movie premiere. Play now at www.secretsparkle.com. Your luck may sparkle!

Secret Sweepstakes
at www.secretsparkle.com

STUMPS PROM & PARTY CATALOG

Let Stumps, America's prom and party favorite for over 77 years, make your prom a night to remember with decorations, favors and supplies. As the nation's leading provider of prom decorations, Stumps offers over 33,000 fabulous products. From theme kits to tiaras, Stumps has everything you need! You can even sign up for helpful prom planning emails. Visit www.stumpsprom.com or call 800-348-5084, request a free catalog and transform your prom from ordinary to extraordinary!

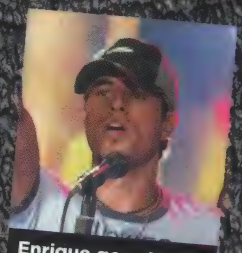
STUMPS
Prom & Party Catalog

*While supplies last.

seventeen

Dirty Dancing, sans Patrick Swayze.

? Which late-night talk show host was a star golfer in college?



Enrique goes Urban Cowboy at a rodeo.

LITTLE BLACK BOOK

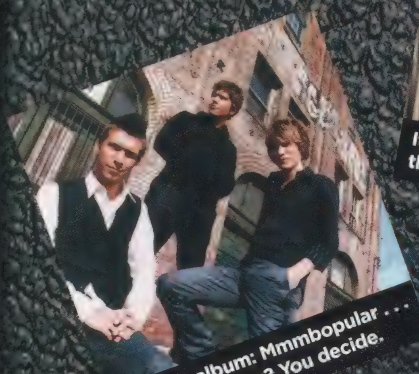
MOVIES | MUSIC | TV | DVD'S | BOOKS | EVENTS | THEATER

No plans? No problem! Tear this out for your guide to this month's entertainment.

? Which lead singer of a bad-boy band has a former Miss Denmark as a mom?

It's a long way from Capeside to the Lower East Side . . .

? Which cute actor who's good with a sword went to the same music school as Dido?



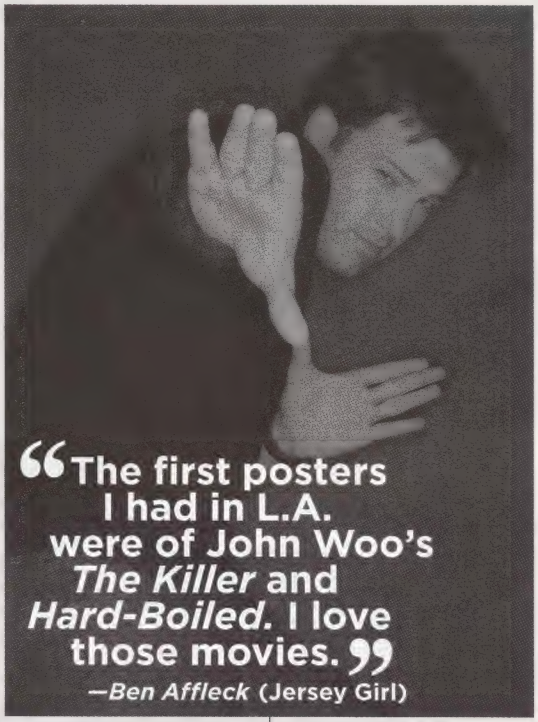
Hanson album: Mmmbopular . . . or mmmboring? You decide.

? Which NYC rap star originally trained to be a heavyweight boxer?

Find out his real name (no, it's not Russell Crowe!).

GOSSIP Wish we could name names! Turn the page and read between the lines—you'll figure it out.

? For the answers to our trivia, visit seventeen.com/littleblackbook



"The first posters I had in L.A. were of John Woo's *The Killer* and *Hard-Boiled*. I love those movies."
—*Ben Affleck* (Jersey Girl)

hollywood pics

Coming this month to a megaplex near you!

KILL BILL VOL. 2

Uma Thurman, Michael Madsen
FEBRUARY 20

Uma's kick-butt samurai action gets even wilder in this second chapter of director Quentin Tarantino's epic tale. In Volume 1, the Bride, a pregnant woman shot and left for dead on her wedding day, uses her sword-fighting skills to seek revenge on her assassins. Volume 2 is a three-hour finale that will complete the Bride's mission: to destroy Bill— her former boss, the orchestrator of her attempted murder, and the father of her child. *Not yet rated*

✻ ***Did you hear that . . . Quentin Tarantino admitted to having a thing for Uma? In case you think he broke up Uma's marriage, think again. He says, "I've been in love with her since we met, but I haven't schtupped her."***

BROKEN LIZARD'S CLUB DREAD

Bill Paxton
FEBRUARY 27

If you loved Super Troopers, read on: This is made by the same guys. All is well at Club Dread—a Jimmy Buffet-esque, anything-goes singles resort—until someone goes berserk and starts slicing up vacationers with a machete. Too bad the loser staff is more interested in hiding the evidence than finding the killer . . . because they really dig their fringe benefits (read: hot women). *R*

STARSKY & HUTCH

Ben Stiller, Owen Wilson
MARCH 5

The cast in this movie is like a Comedy Central dream-team: Owen Wilson and Ben Stiller in the starring roles, Snoop Dogg as the savvy street informer, and Vince Vaughn as the white-collar villain—so you *know* it's going to be hilarious. Intended as a prequel to the '70s TV series *Starsky and Hutch*, it's the story of the streetwise partners' initial assignment together. In order to debunk Reese Feldman (Vaughn) and his underground drug ring, Starsky (Stiller) and Hutch (Wilson) have got to think fast . . . and drive fast in their sweet red muscle car. Obviously the movie is not too heavy on plot. It's the brilliant comic timing of Vaughn, Stiller, and Wilson that makes this a must-see—that, and the awesome '70s theme music. *Not yet rated*

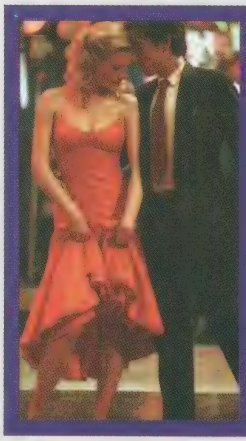
✻ ***Did you hear that . . . Ben Stiller had to sport a wig for the movie? He said he would have grown out a little 'fro, but at this point, it's "about 65 percent gray."***

THE PRINCE AND ME

Julia Stiles, Luke Mably
MARCH 12

Paige (Stiles), an ambitious premed college girl, falls in love with her classmate (Mably), who just happens to be Prince Edvard of Denmark in disguise. Sounds like a

sappy fairy tale, right? But wait—this one's actually good! Even though the story is a bit predictable, a great script and the stylings of the talented director, Martha Coolidge (of *Introducing Dorothy Dandridge*), save the day. And it doesn't hurt that the chemistry between the two leads is *intense*. *Not yet rated*



spotlight on...

DIRTY DANCING: HAVANA NIGHTS | Diego Luna, Romola Garai | February 27 *PG-13*

In this Latin remake of *Dirty Dancing*, Romola Garai plays the rich-but-bored Katey—an American teen living in 1950's Havana. Her life spices up when she meets Javier (Luna), a hotel waiter *and* an amazing salsa dancer. Katey recruits him to be her partner in a ballroom dance contest, which, of course, means several long, steamy hours of practice. Before long, Katey's stiff ballroom moves have transformed into sexy salsa, and she and Javier are more than just dance partners . . . .

GOSSIP Which rising teen star has no problem using guys? To snag her first movie role, the blonde started dating the leading man—after she got the part, she dumped him!

WEB Which new movies are must-sees? Find out at seventeen.com/littleblackbook

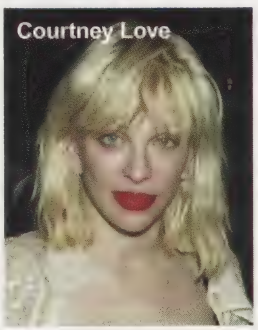
AFFLECK: WALTER CHIN/ICON. *STARSKY & HUTCH*: WARNER BROS. PICTURES/DIMENSION FILMS. *THE PRINCE AND ME*: © ISABELLA VOSMIKOVA/ 2003 PARAMOUNT PICTURES. *DIRTY DANCING 2*: ©2003 ARTISAN ENTERTAINMENT.

electronic

ZERO 7
WHEN IT FALLS
MARCH 9
This cool English soul collective (one of Justin Timberlake's favorite groups) braids lush imagery and dreamy, ambient beats together on a solid follow-up to their 2001 debut. New addition Tina Dico isn't quite as mysterious a vocalist as Sia Furler, but Sia is still around, charming with her scorching delivery on "Somersault." It's a perfect soundtrack for a rainy day. zero7.co.uk

rock

COURTNEY LOVE
AMERICA'S SWEETHEART
FEBRUARY 10


Courtney Love

We've been psyched for C-Love's solo album since her raucous days in Hole, and this album doesn't disappoint. Courtney's the same box of vocal and emotional fireworks, just more world-weary. With help from songwriter Linda Perry, she thrashes over a cheating guy on "Julie" and watches naive L.A. newcomers get sucked in by sex and money in the excellent power ballad, "Sunset Strip." Don't expect the glossy sound of Celebrity Skin—she claws and screams the way a proper rock queen should. virginrecords.com

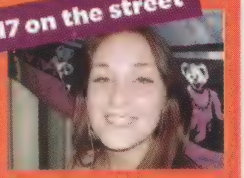
spotlight on...

HANSON Underneath | March 9
These now-mature brothers (Zac is finally 18, and Taylor is a dad!) have ditched the poppy beats for what they call "reckless abandon" guitar rock. "This record is the most intimate and vulnerable one we've done," says Isaac, 23, of the band's self-produced album. Though it's laced with pensive lyrics, the Hansons unleash their vibrant harmony to lighten the mood, like on "Dancing in the Wind," "a no-holds-barred, joyous rock tune." hanson.net

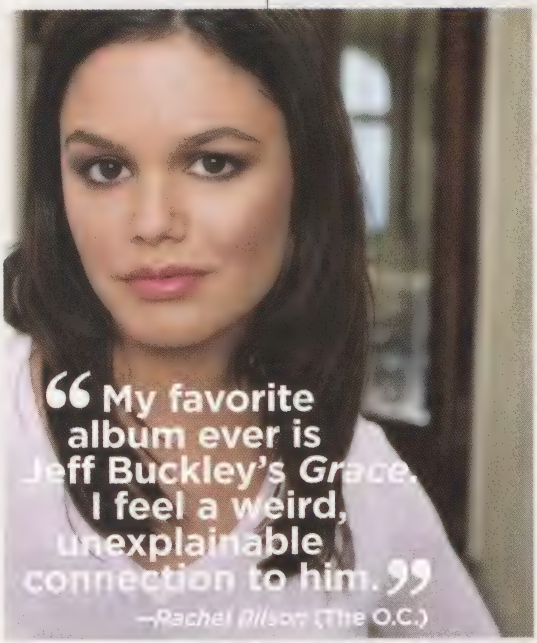
✻ ***Did you hear that . . . After OD'ing on painkillers last fall, C-Love got in a custody battle with Kurt Cobain's mother for custody of her daughter, Frances Bean. They even came to blows with each other once at a courtroom hearing.***

THE COOPER TEMPLE CLAUSE
KICK UP THE FIRE AND LET THE FLAMES BREAK LOOSE
FEBRUARY 24
With this beautifully raw sophomore album, the UK band shows that rage and depression can be fascinating. There are a couple of just-okay mope-rock tracks, but other haunting orchestrations à la Radiohead and razor-sharp electronic edges (think Nine Inch Nails) give it eerie staying power. coopertempleclause.com

17 on the street



Name: Lindsay Dombrowski
Age: 20
Listening to: Hip-hop group Atmosphere

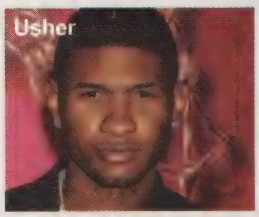


pop

FINLEY QUAYE
MUCH MORE THAN MUCH LOVE
FEBRUARY 24
On his third record, this sensual songwriter with a sandpaper voice tries grooving reggae, dusty country, and pop, but not all with the same success. He's at his best on the amazing "Dice," an intense ode to Scotland that features singer Beth Orton. finleyquaye.com

r&b

USHER
CONFESSIONS
MARCH 16


Usher

Working with the Neptunes, Kelis, Ludacris, and Lil Jon, Usher has crafted the ultimate sonic aphrodisiac. It's a hot brew of seductive ballads and booty-shakers that's more grown-up than past albums, but just as playful. usherworld.com

For tickets, visit fandango.com.

HANSON: PAUL BROWN. USHER: DAN HERRICK/ZUMA. BILSON: A. RAPOPORT/FOX. LOVE: JACK LUDLUM/ALLACTION.CO.UK/RETNA.

GOSSIP Which actress/singer could hardly wait to give her love to a married studio executive to revive her flagging career? But Mr. Producer said no thanks, and she didn't get the part.

WEB What's your theme song? Take the quiz at seventeen.com/quizzes

ben mckenzie

The toughest guy in The O.C. is really a proper Southern boy at heart.

By Holly Eagleson Photograph by Stephen Danelian

Like a lot of wannabe actors, Ben McKenzie, 25, moved to Hollywood only to face humiliating rejections. But *unlike* many pretty faces, this native Texan had a lot to fall back on. As a graduate of the prestigious University of Virginia and a former Capitol Hill intern, it was assumed he'd go the professional route. Instead, he took countless low-paying jobs and slept on a friend's floor for a year, until he landed the role of brooding Ryan Atwood on FOX's *The O.C.* Though he no longer drives the 1986 Cadillac DeVille he bought for $500, he's still a regular guy who hasn't forgotten what it's like to struggle for his ultimate dream. As for the devoted fans and his new Infiniti G35? Well . . . it's just icing on the cake.

17: Is it true that you dropped your real last name, Schenkkan?

BEN MCKENZIE: It's true. I didn't change it legally. I just go by my middle name, McKenzie, because there is another actor named Ben Shenkman. Actually, the story is that I walked into the testing for another pilot and was introduced as Ben Shenkman. The network executives were like, "That's not Ben Shenkman, because he looks completely different."

17: Is it weird to get recognized on the street now?

BM: I think that it's very strange because television is such an immediate source. People in their homes feel like they know you, and then when they see you on the street, they feel like they know you as *that* person, when, of course, in fact you are *not* that person.

17: Do strangers ever give you advice for Ryan?

BM: They have told me, you know, not to have done things as a character. Some of my relatives are similar to fans. I will get messages saying, "Hi Ben, this is your Aunt so-and-so from Louisiana. I loved the episode last night. Now *why* didn't you kiss that girl? I thought you were going to kiss the girl. I told you time and time again! I was telling Harry who was telling Sally that blah, blah, blah." It's like, *guys*, it's a *TV show*.

17: Do you relate to Ryan at all?

BM: Um, that's a hard one. I certainly was nowhere near as cool as Ryan is in high school, because they've created him to be this sort of mythically cool kid. The thing that I relate to in Ryan is the fact that he is a loner and an outsider, and I have always felt that way pretty much wherever I go—I just have that personality.

17: Do you have Ryan's short fuse?

BM: [Laughs] I didn't punch people in high school nearly as much as Ryan does.

"I wasn't unpopular, and I wasn't homecoming king."

17: So what was *your* reputation?

BM: I would be curious to know what people thought of me. I think I was kind of in-between on a lot of things. I was a football player, but I didn't hang out with the team. I took the honors courses, but I didn't hang out with that whole set all the time, either. So I have no idea. I wasn't unpopular, and I wasn't homecoming king. And I dated a few girls, but I wasn't Mr. Casanova or whatever.

17: Did you act in high school, or would it have been crazy for you to do drama *and* play football?

BM: It was fairly unheard of to go up to the football coach and say, "Coach, you know, I'd really like to get off football practice to throw on some tights and perform in *A Midsummer Night's Dream*," or whatever production was going on. Those two worlds didn't really intersect in the local Texas high school. You sort of had to pick your poison, as it were. Not that acting wasn't on my radar at all, but [football] was what I was comfortable with, and I loved it. I didn't really have the guts, to be honest with you, to tell the football coach that I wanted to act. And I didn't even know if I *did*, at that point. Only in college did I decide, Well, I'm bored with my classes and kinda looking for something else to fill my time, so I stumbled into acting.

17: Do you still wear your favorite cowboy boots?

BM: Yeah, I try to wear the boots pretty much all the time, actually. If you ever see me, I'm probably wearing my $100 boots that I bought at Boot City with an Armani suit or whatever the hell it is that they dress me up in for these events. You gotta show a little bit of your personality; otherwise you just feel like a total tool. 17

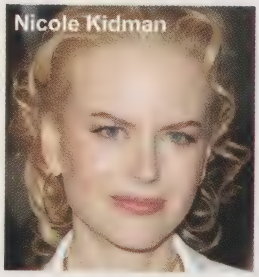
STYLIST: JOANNA SAUNDERS AT FACTORY ARTISTS. GROOMING: STEPHEN LEWIS AT EXCLUSIVE.

GOSSIP Which celeb couple is going down under because of the guy's drug habit? He's spending more time "waking and baking" than waking up next to his sweetie.

Star dating 101: "It's not even about whether girls know who you are, 'cause maybe they don't, but you have a little more confidence."

tv

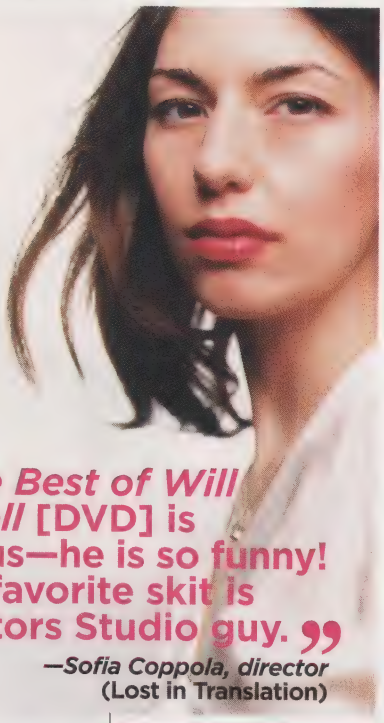
THE 76TH ANNUAL ACADEMY AWARDS
FEBRUARY 29
6 P.M., ABC
Will Nicole win by a nose just like she did last year? Some are griping that she looks too pretty in *Cold Mountain* to be convincing as a haggard Civil War wife. Still, she could be the next woman to win back-to-back Best Actress awards (only Katharine Hepburn


Nicole Kidman

and Luise Rainer have done it before). Funnyman Billy Crystal returns to host this can't-miss show.

THE MAD MAD HOUSE
MARCH 4 PREMIERE
9 P.M., SCI-FI Channel
Participants, watch out: On this Addams Family-meets-*The Real World* reality show, contestants risk not only getting kicked off the show, but getting a curse on their firstborn as well. Ten "conventional" people and five "alternative" people—who embrace practices like voodoo, vampirism, and nudist living—try to coexist in a spooky California mansion. The "conventional" player who passes the most tolerance-testing challenges (like diving for trinkets in a bath of fake blood) gets a six-figure prize at the end.

✻ ***Did you hear that . . . The mansion's resident Wiccan, Fiona, shares spells that you can use to bring good luck on a test, get your crush to notice you, or mend a broken heart on seventeen.com from March 1 to 14.***



"*The Best of Will Ferrell* [DVD] is hilarious—he is so funny! My favorite skit is the Actors Studio guy."
—Sofia Coppola, director (Lost in Translation)

THE SOPRANOS
MARCH 7 PREMIERE
9 P.M., HBO
When we last left the Jersey mob, Tony and Carmela were sleeping in separate beds and Ralphie Cifaretto was sleeping with the fishes. Though it appears

The Soprano Gals

that Mr. and Mrs. Soprano are now splitsville, the kids just might be able to convince them to reconcile. There are also rumors that this is the fifth and final season of the series, but our spy says fugheddaboudit. (We couldn't deal with losing it *and Sex and the City*!)

dvd's

For Friday-night couch-potato parties.

Audrey Hepburn

MY FAIR LADY
FEBRUARY 3
A DVD reissue of the classic Audrey Hepburn musical! Professor Higgins bets a friend that he'll transform Miss Eliza Doolittle, a penniless waif, into a chic lady—but he didn't count on falling in love. A bonus: rare cast interviews.

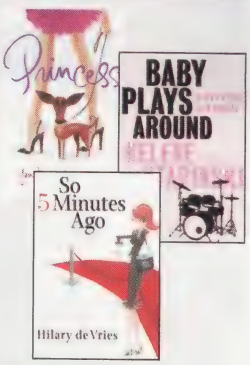
David Spade

DICKIE ROBERTS: FORMER CHILD STAR
FEBRUARY 17
David Spade plays a child actor wallowing in his own lameness. His pathetic attempt to regain fame makes for a good laugh.

Katie Holmes

PIECES OF APRIL
FEBRUARY 24
It's Katie Holmes's most compelling performance yet. She plays a rebel trying to reconnect with her estranged family, elegantly capturing the pain of feeling like an outsider.

book club



PRINCESS: YOU KNOW WHO YOU ARE
BY FRANCESCA CASTAGNOLI
JANUARY 13
Francesca Castagnoli's book voices what we've all been dying to hear: It's high time we celebrated our diva-ness. If you're a princess—a girl who simply has to live her life exactly the way she wants or she'll die—you'll love this book. It's your bible.

BABY PLAYS AROUND
BY HELENE STAPINSKI
JANUARY 27
If you've ever dreamed of being in a band, you'll love *Baby Plays Around*, a

COPPOLA: RICHARD PHIBBS/CORBIS OUTLINE. *PIECES OF APRIL*: 2003 UNITED ARTISTS PICTURES. *PRINCESS*: DOUBLEDAY PUBLISHING. *BABY PLAYS AROUND*: RANDOM HOUSE. *SO 5 MINUTES AGO*: RANDOM HOUSE. *DICKIE ROBERTS*: 2003 PARAMOUNT PICTURES. *MY FAIR LADY*: WARNER BROS. PICTURES/KOBAL. *SOPRANOS*: ABBOT GENSER/HBO. KIDMAN: LIONEL HAHN ABACA/NEWSCOM.COM.

GOSSIP Which celebrity, known for her "smile," wasn't so happy at her own recent premiere? She hated the movie so much, she spent the whole night getting drunk and didn't watch it for a second.

memoir about the writer's turn as a drummer. Diving into recording, practicing, and gigs galore, she's deliriously happy. But it's not too long before her love affair with music is blindsided by an affair of another sort—the heart.

SO 5 MINUTES AGO
BY HILARY DE VRIES
FEBRUARY 17

This debut novel from an L.A. journalist about Hollywood is as deliciously nasty as you'd hope. The book follows a publicist and a star with a drug problem. But the real reasons you won't put it down are the thinly veiled celeb gossip and insider references. If you're into a book that doubles as a gossip column, this is it.

events

MARDI GRAS
FEBRUARY 24

Laissez les bon temps rouler! Or, let the good times roll, as they say in New Orleans' French Quarter during the city's biggest, wildest street fair of the year. Revelers flood Bourbon Street for the annual Fat Tuesday celebration and fight for "throws," the beads and medallions tossed from ornate parade floats. There's also a high-society event where debutantes "come out" at the Ball Tableau. *New Orleans; free;* mardigrasneworleans.com

✻ ***Did you hear that . . . Mardi Gras is a favorite source for the producers of the Girls Gone Wild series, who come here to catch female revelers showing too much skin. One Florida State University student sued them after she ended up in a video. But legally, they don't need your consent to tape or photograph you if you're in a public place, so don't flash for beads unless you want flashbulbs to catch you in the act.***

72ND HOUSTON LIVESTOCK SHOW AND RODEO
MARCH 2–21

Where else could you bid on a backside of beef and see bootylicious Beyoncé at the same time? While Rodeo wrangling and farm animal competitions are happening, you can check out Enrique Iglesias, John Mayer, Bow Wow, Alan Jackson, and others perform during this annual tradition. *Reliant Stadium, 8334 Fannin Street, Houston, TX; tickets range from $6 to $77;* hlsr.com

"My school did a production of Hello, Dolly! in seventh grade, and it's definitely my favorite. I love the singing—it's very uplifting."
—Michelle Williams (Aida)

theater

TWENTIETH CENTURY
PREVIEWS START FEBRUARY 27

Alec Baldwin, Anne Heche

Twentieth Century, a comedy of errors first produced in 1932, returns to Broadway—with major Hollywood names to boot. On a luxury train, producer Oscar Jaffe (Baldwin) is begging Hollywood starlet Lily Garland (Heche) to headline his latest play. Only Lily and Oscar used to sleep together—and now she's playing hard to get. Speaking of hard to get—we're betting this is *the* hot ticket for 2004! *American Airlines Theater, 227 West 42nd Street, New York, NY; $41 to $67; 212-719-1300*

trend of the month . . .

When Zooey Deschanel's not on a movie set, she stars in a different role: cabaret singer. She's just one of the celebs and regular girls who moonlight as sultry crooners in intimate piano bars. Zooey's smoky, jazzy act, "If All the Stars Were Pretty Babies," has been getting raves at nightclubs in Los Angeles. One New York City cabaret veteran at the head of the trend, Helen Baldassare, gives classes to aspiring singers with day jobs; go to cabaretperformanceworkshop.com.

THIS PAGE: IGLESIAS, SCOTT GRIES/GETTY IMAGES. BALDWIN, COURTESY OF CHRISTOPHER CUI K WILLIAMS: COURTESY OF AIDA. DESCHANEL: PR NEWSWIRE. BACK COVER: PHOTO, JOHN SPELLMAN/NBC/NBCU PHOTO BANK.

GOSSIP Which spiky-haired comedian and actor has no sense of humor on movie sets? When one child extra asked him for an autograph, along came a rude reply: "F*** off."

seventeen | FLASHBACK...

jennifer connelly

Before *A Beautiful Mind*, her beautiful mug was *Seventeen*'s face of the '80s!

APRIL 1986: The girl who makes even a gold-wrapped side ponytail look cute.

on the cover

Jennifer Connelly

HOME: Brooklyn Heights, New York. She lives with her family and attends high school (she's in the tenth grade).

AGE: 16.

HER START: "When I was ten years old, a family friend asked me why I didn't try modeling. I thought about it and said, 'Why not?'—I've been with the Ford Modeling Agency ever since."

MAKING MOVIES: "From modeling, I just sort of fell into acting. [This month, Jennifer appears in *Seven Minutes in Heaven*, and in July, she'll be seen in *Labyrinth*, with David Bowie.] I love making films, but it can be difficult juggling school and work—I try to keep them separate, so my friends don't treat me any differently."

STYLE: "I like to wear all types of clothes: from classic to fun —but never gimmicky. Lots of black and white."

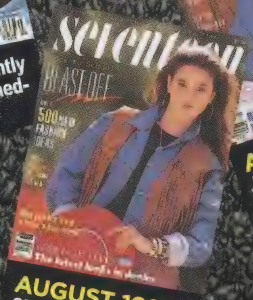
MAKEUP TIPS: "During school, I only wear natural-looking makeup, but when I'm going somewhere special it's fun colors all the way!"

THE COVER LOOK: On our April cover, Jennifer gets wild in makeup by Maxi. On her eyes: Colors-To-Go eye shadow in Ultra-Violet; Color Tech Eye Liner in Heavy Metal; Maxi-Lash 24 Hour Mascara in Black. On cheeks: Endless Sun Radiant FaceColor Mousse in Sunset Blush. On lips: Sculpture Long Lasting Lipstick in Rockin' Rose. Sweater, Benetton. Twine (in hair), M&J Trimming Co. Earrings and bracelet, Biba Schutz Designs. Necklace, Mimi di N. Scarf, The Honey Collection. More fashion info, page 151. Hair and makeup, Tony McAuley. Photograph, Frank Schramm.

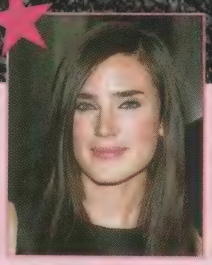
DECEMBER 1988: Let's just hope that's not real fur, Jennifer!

JULY 1986: Apparently she dug the preppy, turned-up-collar type of guy.

APRIL 1987: Little Jen on the prairie. (How many ruffles can you sew on one outfit?)



AUGUST 1986: Clearly the NYC native feels at home in the country too.



jennifer now

With her down-to-earth blend of style and substance, Jennifer's always been a classic *Seventeen* girl. Now she's an Oscar-winning actress and mom. And *we're* especially proud because we knew her when.

editor's letter

"Sometimes I feel preachy when I write my editor's letter . . .

as though I'm saying, "Look at me, I'm perfect—I've figured it all out." Not true. I'm learning too. And so, my latest lesson:

When I first started my new job at *Seventeen* last summer, it was a bit tough for me. Here's one of the first e-mails I got: "I hate *CosmoGIRL!* It's too weird. So you'd better not ruin *Seventeen* too." Ouch. I was definitely worried about fitting in. My solution? I straightened my hair. I know—how dumb—my attempt to *look* less "weird." I guess I thought I needed to change to be accepted by you. It's funny. (No, not funny. More like sad.) I've spent the past five years telling my CosmoGIRL!s that they should be themselves, no matter what—that it's all they have. And here I was doing anything but. Well, after a while I felt like a fool—a total imposter. And I wanted to fess up to you as soon as I could. So I guess it just goes to show that no one's perfect, certainly not me—and as long as we're learning, life is good, right?

But now that we're talking about hair? Forgetting about the fact that I did it for the wrong reason, I *did* sort of like the straight thing while it lasted. (I had the thermal-reconditioning process done that lasts until your hair grows out.) Right now I'm half straight and half curly, because it's starting to grow back. And you know what? It's sort of fun—easier to style than before, but still 100 percent "me." Who knows *where* my hair will end up, but I know it'll depend on what *I* want—nobody else. So I guess you can say I learned *two* things: (1) The best me is the *real* me. (2) There's nothing wrong with playing with your hair—it can be fun!

So, there you have it, sister. I had a little bit of an identity crisis. But hey—don't we all sometimes? The one thing that'll always be a constant is me, here, 24/7 at atoosa@seventeen.com.

PHOTOS: PETER BUCKINGHAM.

SO TRUE: "We're all so much better at telling other people what to do than we are at our own lives."

drew

The star of *50 First Dates* reveals the most important love lessons she's ever learned—the hard way.
By Merle Ginsberg
Photographs by Marc Hom

If you think you'd pick up a lot of love tips going on 50 first dates, they're nothing compared to what 29-year-old Drew Barrymore knows about the subject. She's starred in more films about romantic connections and disconnections (*The Wedding Singer, Mad Love, Ever After, Never Been Kissed, Riding in Cars With Boys*) than many of her peers. In her own life, she's dated multiple incarnations of Mr. Wrong and been through two failed marriages. Yet Drew is determined not to let negativity get in the way of knowledge. "It's hard to remain optimistic in this life," she says. "But I have discovered that only our deepest, most difficult lessons make us learn something."

With her newest romantic comedy, *50 First Dates,* costarring Adam Sandler and coming out February 13, she has even more reason to be optimistic. "I love Adam so much," she says of her friend and onscreen sweetheart. "It comes naturally to me every day to act like I'm in love with him," she gushes. But it's no act when it comes to her boyfriend of nearly two years, The Strokes drummer Fabrizio Moretti, 23. "When I first met him, I tripped and fell over really bad," Drew recalls. "I told him, 'This is a really good thing because I am not coordinated at all, and you might as well know that.' He just laughed, took my hand, and we walked on. I think that was when I realized Fabrizio likes me the way I am—and doesn't want me to get better or change." She's learned a lot of lessons like that, stumbling in and emerging gracefully. So, exclusively from Drew to you, her best role yet: *Seventeen* love columnist . . . ➔

you rule

"I think that book *The Rules* should be a satirical humor book because when it comes to love, there are *no* rules. I can't imagine a more detrimental book to the cycle of relationships! We try so hard to do the right thing—and there's no such thing. Anything that's an act means you're deceiving the other person. If you're a pants girl, wear pants on a date. If you're a skirt girl, wear a skirt. Be true to your personality!"

leave your baggage at home

"Well, I heard this saying and I know it sounds so cheeseball, but one of the parts of it was: Work as if you don't have to. Dance as if nobody is watching. And love as if you've never hurt. I think that's fundamental Dating 101. You have to be optimistic. If you find a pattern in your dating life that you don't like, you have to look at yourself. Don't bring your baggage. It's a new situation, and you have to give it a chance. Kick those bags! We're all on a mission for love in life, and anything we let stop us is weighing us down."

show some respect

"I would just try to be respectful as far as I wouldn't right away talk about my entire [dating] past. That might be the one thing that wouldn't be so cool. Be sensitive to the person you are with. But I'm pretty loose. So I say fart right off the bat! 'Hi! How are ya?' [*She makes a farting noise.*] You can't go downhill from there; you've already reached the bottom!"

take your time, physically

"There are no rules, but I think it's nice to draw out sexual excitement as long as you can. If you want to kiss, *kiss,* it's a wonderful thing. But it's nice to remain ladies and gentlemen. It's nice to get to know who he is and extend the romance as long as you can. Keep that bubbly effervescence going. I am kind of bubbly, oh dear!"

cut the act

"A lot of people say don't eat, that you'll turn him off and he'll think you're a pig. But guess what? Eventually you will be on the couch with your stomach hanging out, eating Chinese food in front of each other—so why wait? If a girl doesn't eat on a date, it makes the guy self-conscious about what he eats. He knows you're pretending. But if you're so in love and flying high and not at all hungry—then don't eat. The love diet is kind of awesome. But you can't live a lie. Eat. But good breath is nice. Eat something lovely and sexy. Fruit. Bread. Apples. Go European. Sit on a curb and eat a pizza together. And if you're really crazy about each other, you can *both* eat a clove of garlic! That's a pretty brave thing to do, don't ya think?"

crack yourselves up

"I'm a sucker for humor. I'd always prefer to spend a date laughing and joking than being really heavy. By the way, that doesn't mean I don't cry all the time—they don't call me El Sensitivo for nothing! That's a nickname I've had for years—and I wear it proudly. I'm incredibly emotional, but I can appreciate the art of keeping it light. It feels good."

go first sometimes

"If you want to be in a good relationship, be good to yourself. In my twenties I thought it was all about being nice and trying. But if you really work on yourself, you're much better in a relationship. Let's put it like this: When you're in a good place with you, you don't *give* s***, and you don't *take* s***. That's when you get a good relationship!"

hang on to the enthusiasm

"I like to make a ritual out of getting ready. I like to take my bath, light my incense. Dance around my room in my underwear, talk in my mirror. I still do it before going out with my boyfriend of almost two years. Never lose the enthusiasm of going to meet someone you really like."

it's true—just be yourself

"Is there one way to be on a date? I doubt it. I would spit on a date, I would fart, and I would let it go! Just be yourself! I think there is something beautiful to the art of initial love. Like, will he call? I want to know if he'll *like* me. The guy feels just as self-conscious and insecure as you do. They're so good at hiding it! They fret the bigger picture, but they don't sweat the small stuff. We think the world's over if we get a zit! The thing men do that's so impressive—they walk into a room with confidence, so no one has any idea they don't have it. There's so much power to gain if you show that you feel good about what you actually have to work with." 17

win a wardrobe chosen by drew!
Go to seventeen.com/freebies to enter and win cool clothes from H&M!

PREVIOUS SPREAD: TOP, GENERRA. BRA, VICTORIA'S SECRET. THIS SPREAD: SHIRT, CHLOE. PANTS, D SQUARED. SHOES, SERGIO ROSSI.

Stylist: Andrea Lieberman
at Margaret Maldonado Agency
Hair: Lona Vigi
Makeup: Pati Dubroff at The Wall Group
Manicurist: Lisa Jachno for L'Oréal

yo–yo dating

Every time 17-year-old Brianna decides she has finally had it with her boyfriend, Jake, he sucks her back in. Sound familiar?

EQUAL GROUND: For a relationship to work, you both need to know how to give and take.

PHOTO: SAYE. STYLIST: GIA. SOLIS SUTHAN. HAIR: YUSUKE FOR PHYTO. MAKEUP: SOKPHALLA BAN AT BRADLEY CURRY. ON HER: JACKET: CLUB MONACO. PANTS: EXPRESS. ON HIM: JACKET: THE NORTH FACE. PANTS: A|X ARMANI EXCHANGE.

This past year has been a roller coaster. In February 2003 I started going out with Jake. He'd told a friend that he thought I was hot, and I said I thought he was hot too, and I'd consider going on a date with him. Pretty soon we were talking on the phone three or four times a week, and I'd go over to his house like once a week to watch movies in his basement. We got along really well. He'd tell me that he liked me so much, and his friends said it too. One of my guy friends who plays soccer with Jake told me, "He never stays with his girlfriends, but I can tell he really likes you. He talks about you differently."

Jake was my first *boyfriend* boyfriend, so that probably made *me* like *him* a lot more too. I kind of thought that we were going to last forever. But I guess I should have seen that it was more of *me* in the relationship than him. This was a typical Jake move: He would call and ask, "You wanna do something tonight?" So I wouldn't make any plans, and I'd wait to hear from him for hours. Then I'd finally call his house, and his mom would be like, "Oh, he's already gone."

THE FIRST BREAKUP

In May we went to Jake's senior prom. A few weeks later, this girl in his class told me that he had asked her to come over and go in his hot tub with him. (She didn't go.) So I confronted him at school, and he denied the whole thing. Then he said he had to go to class and we'd talk about it later. I didn't believe him at all. I was *so* mad. That night on the phone he asked, "Do you think we should be together, since I'm going away to college and everything?" I told him no, I didn't want to deal with this anymore, because I didn't know what else to say. So we broke up.

The next couple of weeks I wasn't myself at all. I had trouble eating and sleeping. I couldn't get over him. All summer I hung out with his best friend's girlfriend, Ashley, so I could see Jake more—we'd be at the same parties and he'd flirt with me. Then he'd call me and ask if I wanted to come over to his house, and I'd always go.

HE RETURNS

We didn't talk for about a month after the school year started. Then he started randomly calling me again—late at night, on my cell. (I have the phone next to my bed so I always hear it.) He always seemed to call when he was drunk or at parties. One time he said he wanted me to go to his college so we could get back together and someday get married! And even though I wanted to go to Indiana University, I would find myself thinking maybe I *could* go to his school instead.

In mid-October he asked if I ever thought about getting back together. I wanted to say, "Are you serious? I think about it every day!" But instead I simply said yes. He asked if I thought we should try it again. I asked *him* if it'd be like last time, when I'd never hear from him. He said no—but then didn't call once the whole next week.

TELLING HIM OFF

That's when I broke up with Jake. I told him that he didn't understand how to treat girls, that he was too scared to be with someone who really cared about him and who he cared about too. He got really quiet. He knew it was true, and I think it actually surprised him that I said it.

He would always call me late at night when he was at parties.

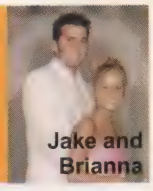
BACK FOR MORE

This cycle will never end—two weeks later we started talking again. But now he's actually been calling me when he says he will. One night he started to sort of open up and tell me how he felt. He said I was the only girl he ever felt this strongly about, and he didn't know why he didn't keep me. He thought it might be because he didn't want to be "tied down"—and that kind of scared him.

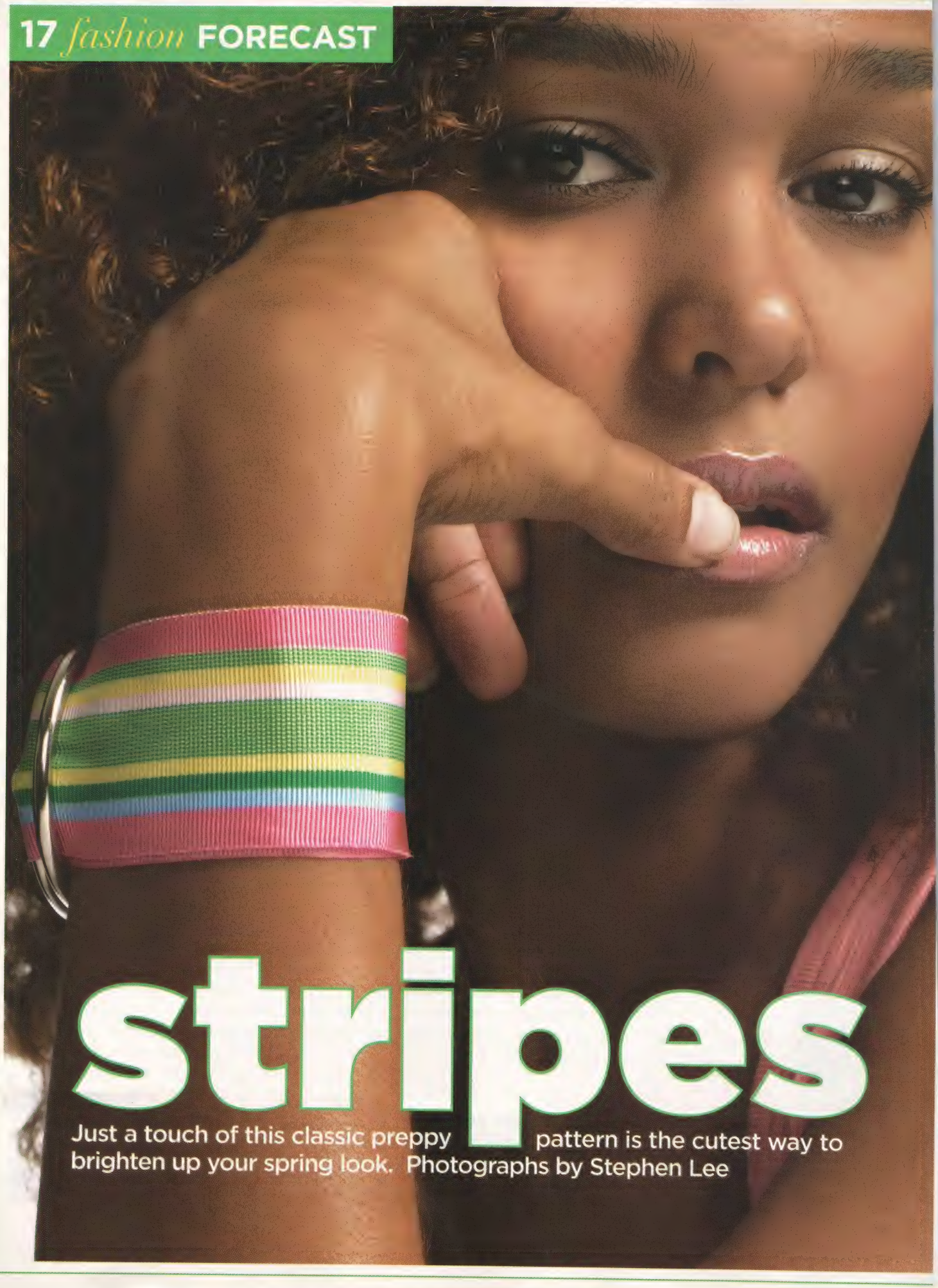
But here's the thing: I like him so much! I *want* to believe that Jake wants us to be together. But I don't know if I can trust him anymore and that scares me . . . because I want to trust him so bad.

. . . WHAT SHOULD I DO?

I am so confused right now. I really need advice on how to break this cycle. Have you ever been in this situation? What did you do? E-mail me at brianna@seventeen.com.



Jake and Brianna



stripes

Just a touch of this classic preppy pattern is the cutest way to brighten up your spring look. Photographs by Stephen Lee

THIS PAGE:
Top (sizes S–XL), Tommy Jeans, $29, Dillard's, Foley's, and Filene's. Jeans (sizes 1–13), $65, Levi's, select Macy's and levi.com. Earrings, Sensible Solutions, $4, Wal-Mart.

OPPOSITE PAGE:
Tank top (sizes XS–L), J. Crew, $13, J. Crew stores and jcrew.com. Cuff, Gadzooks, $5, Gadzooks stores.

Call us toll-free at 877-ISHOP17 if you need help finding something in our pages.

FASHION DIRECTOR: GINA KELLY. HAIR: COREY TUTTLE AT BRADLEY CURRY. MAKEUP: SONOMI AT ARTHOUSEMANAGEMENT.COM.

ballet flats

FASHION DIRECTOR: GINA KELLY.

CLOCKWISE FROM TOP LEFT: Silver with bow (sizes 5–11), Charles by Charles David, $110, select Macy's and Bloomingdale's. Pink leather (sizes 6–11), J. Crew, $98, J. Crew stores and jcrew.com. Beige lace-up (sizes 5–11), Newport News catalog, $19, newport-news.com. Ruffled silver (sizes 5–11), Bakers, $40, select Bakers stores and bakersshoes.com. Pink brocade (sizes 5–10), Rocket Dog, $40, Dillard's. Black lace-up (sizes 6–10), Chinese Laundry Shoes, $45, chineselaundry.com. Pink satin (sizes 4–10), Capezio, $21, capeziodance.com. Black leather (sizes 6–10), Steve Madden, $60, 800-SIR-MADD.

They're not just for dance class anymore, so pick *your* perfect pair. Photographs by Stephen Lee

fair skin

your best nudes:
Shimmery, muted shades with peach undertones illuminate a paler complexion.
See page 156 to get this look.

TANK TOP, PETIT BATEAU.

barely there makeup

The best thing about the nude makeup trend is that you can make a pretty statement and still look like *you*. Just follow our skin-tone-specific guide.
Photographs by Michael Wirth

medium skin

your best nudes:
Bronze shades make your skin look radiant—not washed out. See page 156 to get this look.

TANK TOP, T[illegible] JEANS.

dark skin

your best nudes:
Rich earth tones, like brick, add a bit of color that shows up on your skin—but not in an overpowering way. See page 156 to get this look.

Stylist: Robin Page
Hair: Menelaos for Arthousemanagement.com
Makeup: Tina Davis for Jane Cosmetics
Still Lifes: Roger Cabello

just-right-for-

FACE

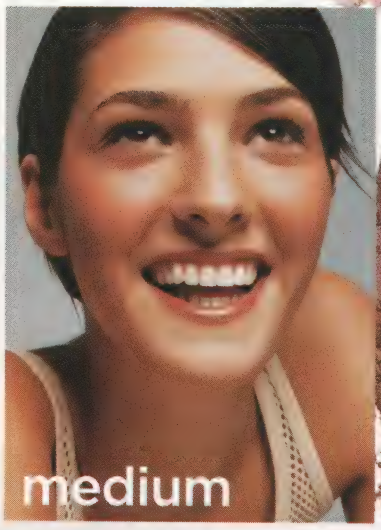
Jane Cosmetics Staying Powder in Shimmer, $4, drugstores

how to apply: Brush onto your browbones and cheeks for a soft glow.

EYES

Revlon Eyeglide in Petals, $7, drugstores

how to apply: Smooth along your lids and dot on inner corners of your eyes.



FACE

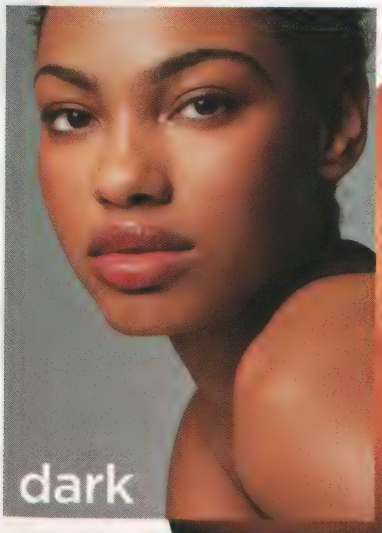
Origins Sunny Disposition Bronzer, $18, department stores

how to apply: For golden highlights, lightly dust your forehead and chin.

EYES

Mark I-Mark Custom Pick Eye Shadow in Fairy Dust, $4, meetmark.com

how to apply: Use your fingertip to apply to the lower half of your lids.



FACE

Shiseido the Makeup Sheer Enhancer Base in Golden Bronze, $30, department stores

how to apply: Use a sponge to blend onto your cheeks and forehead.

EYES

Mark Super Mark-It Pencil in Deep/Star, $8, meetmark.com

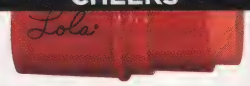
how to apply: Line upper and lower lashlines with the darker end, then smudge.

you colors

17 TIPS:

- Use a tinted moisturizer or foundation to perfect skin before adding color.
- Dab a touch of hair gel on a clean toothbrush to set unruly brows.
- Use blotting sheets to remove excess oil on your nose. Skin should look dewy, not oily.

CHEEKS



Lola Creme Blush in Marseilles, $20, select Sephora stores

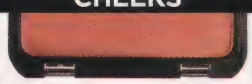
how to apply: Rub a little just on the apples of your cheeks.

LIPS

Sonia Kashuk Luxury Lipcolor in Sheer Glam, $6, Target

how to apply: Coat your lips, then blot for just a tint of color and shine.

CHEEKS



Cover Girl Cheekers Blush in Brick Rose, $3, drugstores

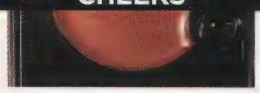
how to apply: Brush color on your cheeks, blending it outward.

LIPS

Clinique Stay the Day Lip Colour in Uptown Nude, $17, department stores

how to apply: Put on one coat of the color and one of the clear gloss.

CHEEKS



Revlon Cream Blush in Blushing Mauve, $10, drugstores

how to apply: Use your finger to blend on the apples of your cheeks.

LIPS

Biotherm Smile Shine in No. 132, $14, Macy's

how to apply: Swipe on straight from the tube; add more in the center for shine.

your 2004 love forecast

Who's the perfect guy for you, and when on earth will you *meet* him? Find out here!

By Lexa Roséan Illustrations by Sara Singh

ARIES

march 21–april 19

With powerful Mars in your sign, you'll be too busy with your own goals to juggle guys too—until February 6, that is, when the full moon lights up your house of dating! By April 5 you'll narrow the field down to one. Enjoy him, but don't commit; you'll have a wandering eye until October. That's when a mutual crush will develop—and this one looks like a keeper!

best matches

You're passionate, so you need a guy who's not afraid to express his feelings. For fun, pick a flirty **LEO,** like Casey Affleck. For keeps? A romantic **LIBRA,** like John Mayer.

TAURUS

april 20–may 20

You were brooding over an unavailable guy in February, but on March 6 the full moon will usher new prospects into your life. By May 4 you'll be serious about a particularly caring one. He'll seem perfect until October, when Venus moves into your house of romance in the picky sign of Virgo, and you get fussy. Don't overanalyze; by December things with him will be dreamy.

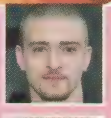
best matches

It takes time for a guy to earn your trust, so you need a loyal one! For fun, try a dependable **CAPRICORN,** like Kid Rock. For keeps? A devoted **SCORPIO,** like Joaquin Phoenix.

GEMINI

may 21–june 20

You'll grow and learn through at least one special relationship this year. In February your love life will be the envy of everyone! But in May your hot new look will make the guy you're dating act extra possessive. If you're feeling caged in by summer, a time-out would be better than just calling it quits, especially since you'll get amazing insight into your relationship around November 26.



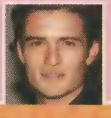
best matches

You bore easily, so it takes a clever guy to snag you. For fun, pick a brilliant **AQUARIUS,** like Justin Timberlake. For keeps? An adventurous **SAGITTARIUS,** like Clay Aiken.

CANCER

june 21–july 22

A dynamic new relationship kicks off your year, but there will be power plays, especially if your family doesn't like him. That's because disciplinarian Saturn is in your sign for the first half of 2004, making it hard to be lighthearted about love. In June a secret crush will change that. Better yet, he likes you back! Take it slowly, especially around November 7, to make this last.



best matches

You like taking care of people and need a guy who gives you TLC in return. For fun, try a magnetic **SCORPIO,** like Nelly. For keeps? A loyal **CAPRICORN,** like Orlando Bloom.

LEO

july 23–august 22

Late February and early July could be confusing: You'll feel cuddly but also want your freedom! Luckily this planetary tug-of-war won't last. In fact, March 4 and April 28 will be two superromantic nights. Then expect to fall hard around July 31. Sure, true love only happens once in a blue moon—and a blue moon is what will happen in your house of partnership that night!

best matches

You're creative and need a guy who loves life. For fun, try a passionate **SAGITTARIUS,** like Jake Gyllenhaal. For keeps? A thrill-seeking **AQUARIUS,** like Ashton Kutcher.

PHOTOS, FROM TOP: THEO WARGO/WIREIMAGE.COM, GREGORY PACE/FILMMAGIC.COM, KEVIN MAZUR/WIREIMAGE.COM, NANCY KASZERMAN/ZUMA, TSUNI/IPHOTO.CA/NEWSCOM.COM, STEVE GRANITZ/WIREIMAGE.COM, DEBBIE VAN STORY/IPHOTO.CA/NEWSCOM.COM, LISA O'CONNOR/ZUMA, RE/WESTCOM/STARMAX, GREGORY PACE/FILMMAGIC.COM.

VIRGO

august 23–september 22

With the sun and Venus in your houses of dating and true love, you'll attract cute guys galore until the end of March. Watch for one with style and brains! Look your most glamorous on March 6. This guy will wow you too, though it may be just a fling. Then circle July 2, another truly romantic night! By September 1 the relationship you started on July 2 will get serious.

best matches

A perfectionist, you need a guy with high standards. For fun, pick a refined TAURUS, like Enrique Iglesias. For keeps? A conscientious PISCES, like Chris Martin.

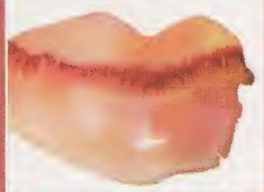
LIBRA

september 23–october 22

You'll feel flirty in February, but in April you'll notice the new guy you want—and will get! By June expect another crush. Neptune, the planet of infatuation, will be in your house of romance, making unavailable guys look better than the one you've got. But stick with him. A full moon in your house of partnership on September 28 will make you realize you really *do* love the one you're with.

best matches

You're a social creature and need a guy who likes to communicate. For fun, try a charismatic GEMINI, like Shane West. For keeps? A fiery ARIES, like Jack Black.



SCORPIO

october 23–november 21

You'll be too preoccupied for romance until March—then it will arrive full force. Circle the 18th, when the sun, moon, and Venus conspire to find you one amazing guy. In May you'll both blurt out how you feel! But this summer you may be torn between one guy who's near and one who's far away. Stick with the guy close by. November 26 will make you glad you did.

best matches

Sure, you may act tough, but you're a closet romantic. For fun, try a chivalrous PISCES, like Bow Wow. For keeps? A loyal TAURUS, like David Beckham.

SAGITTARIUS

november 22–december 21

This year Pluto, the lord of the underworld, will be in your sign. You'll be attracted to bad boys, and one of them will definitely be attracted back. Look out, he may try to cheat around May 19! If you do break up, channel your heartache into a hobby. It will lead you to a new guy. But on November 26 you may have to trade jealous friends for ones who support this romance.

best matches

You're independent and like guys who give you freedom. For fun, try a daring ARIES, like Hayden Christensen. For keeps? Go for a worldly GEMINI, like Johnny Depp.

CAPRICORN

december 22–january 19

You'll be having a love affair with y-o-u in the first months of 2004. Good. This is a period of major personal accomplishment. But by May 8 that guy you're flirting with will look even better. He may even be an ex! Saturn is still in your house of true love, making it hard to start new relationships. But if you do give this ex another chance, expect to hear the *L* word by July 29.

best matches

You're ultra-focused and need a guy who gets that. For fun, pick a sweet, responsible VIRGO, like Ludacris. For keeps? Go for a trustworthy CANCER, like Prince William.

AQUARIUS

january 20–february 18

With your ruler, Uranus, the planet of revolution, in your sign, expect love to be exciting and unpredictable this year! Cute ex-crushes will reenter the scene around February 6. (Beware of one who is too possessive.) And Neptune, the planet of romance, is also in your sign, so you want love but need freedom in a relationship to feel happy. By August 6 you'll have found both.

best matches

Smart and cool, you need a guy who can match your brainpower! For fun, try a cultured LIBRA, like Nick Cannon. For keeps? A super-creative LEO, like Fred Durst.

PISCES

february 19–march 20

With Saturn in your house of dating, you are not going to be happy unless you feel that things are headed somewhere special. Instead of waiting around, go out and find the guy you're after, especially on March 6: The full moon in your house of love could mean you'll find one you'll want to keep. You'll know for sure on October 13—one of your most romantic nights of the year.

best matches

You're a dreamer and need a guy who can help ground you. For fun, try an equally romantic CANCER, like Tobey Maguire. For keeps? A down-to-earth VIRGO, like Andy Roddick.

PHOTOS, FROM TOP: WENN/ALLENI.LA/NEWSCOM, NICHOLAS KHAYAT/ABACA, LEE ROTH/STARMAX, JOHN WHITE/SPLASHNEWS, NANCY KASZERMAN/ZUMA, LISA O'CONNOR/ZUMA, DEBBIE VAN STORY/IPHOTO.CA/NEWSCOM.COM, JEFF VESPA/WIREIMAGE.COM, DPA/AAD/STARMAX, ALAN DAVIDSON/WIREIMAGE.COM, RENA DURHAM/KPA/ZUMA, LISA O'CONNOR/ZUMA, GLENN WEINER/ZUMA, NANCY KASZERMAN/ZUMA.

life begins at seventeen

You're about to have some very important firsts. Your first real date. Your first serious job interview. You get the picture. Fashion isn't *everything,* of course, but it can help set the perfect tone . . . right from the start.

Photographs by Anette Aurell

first job interview

spring trend: gingham jacket

Blazer (sizes S–XL), Polo Jeans Co. Ralph Lauren, $89, Macy's. Pants (sizes 00–11), Hurley, $59, Bon-Macy's. Bag, Isaac Mizrahi for Target, $17, Target. Shoes (sizes 5½–10), Wild Rose, $30, Shoe Carnival stores.

first big-city trip

spring trend: sporty mini

Jacket (sizes XS–L), Free People, $120, Bloomingdale's. Shirt (sizes S–XL), Roxy, $42, 800-576-4004. Skirt (sizes 24–32), Buffalo, $58, Macy's East. Bag, Gravis, $50, gravisfootwear.com.

first time at a gym
spring trend: pale pastels
Shirt (sizes S–L), Rampage, $38, rampage.com. Tank top (under shirt) (sizes XS–L), Bebe Sport, $32, select Bebe stores. Pants (sizes XS–L), Bebe Sport, $54, select Bebe stores. Bag, Puma, $40, puma.com. Sneakers (sizes 5–10), Lucky Brand, $70, Lord & Taylor.

first college visit

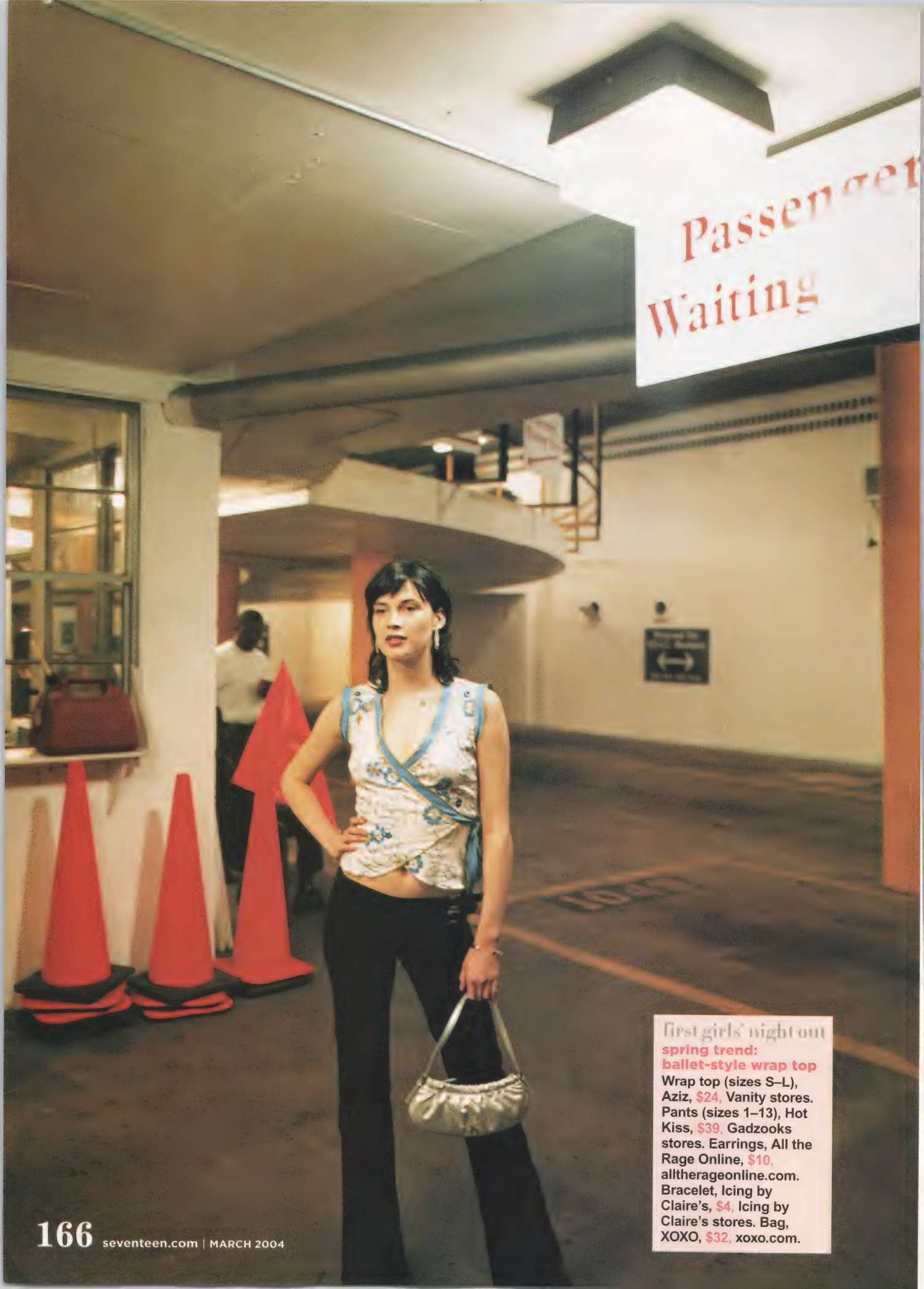
spring trend: a bold striped shirt

Jacket (sizes S–XL), Polo Jeans Co. Ralph Lauren, $59, Macy's. Shirt (sizes S–XL), Isaac Mizrahi for Target, $18, Target. Pants (sizes 1–13), Zinc, $44, Nordstrom. Watch, Dickies, $40, Urban Outfitters stores. Bag, Bongo, $20, Sears. Shoes (sizes 6–10), Reaction Kenneth Cole, $79, Kenneth Cole stores.

first date with a new guy

spring trend: delicate lace top

Top (sizes XS–L), Aziz, $40, windsorstore.com (and plus sizes 12–26, $48, Torrid stores). Pants (sizes 0–16), Union Bay, $38, Macy's East. Earrings, Mark, $10, meetmark.com. Bag, Guess? Handbags, $55, Guess? stores. Bracelet (set of three), Mark, $10, meetmark.com.



first girls' night out

spring trend: ballet-style wrap top

Wrap top (sizes S–L), Aziz, $24, Vanity stores. Pants (sizes 1–13), Hot Kiss, $39, Gadzooks stores. Earrings, All the Rage Online, $10, alltherageonline.com. Bracelet, Icing by Claire's, $4, Icing by Claire's stores. Bag, XOXO, $32, xoxo.com.

first black-tie party
spring trend:
electric blue
Dress (sizes 0–16), Promfashionusa.com, $89, promfashionusa.com. Earrings, Claire's, $6, Claire's stores. Bag, Whiting & Davis, $65, nordstrom.com.
Fashion Director: Gina Kelly
Stylist: Simone Colina
Hair: Ramie Roth for Redken
Makeup: Gina Crozier for Urban Decay

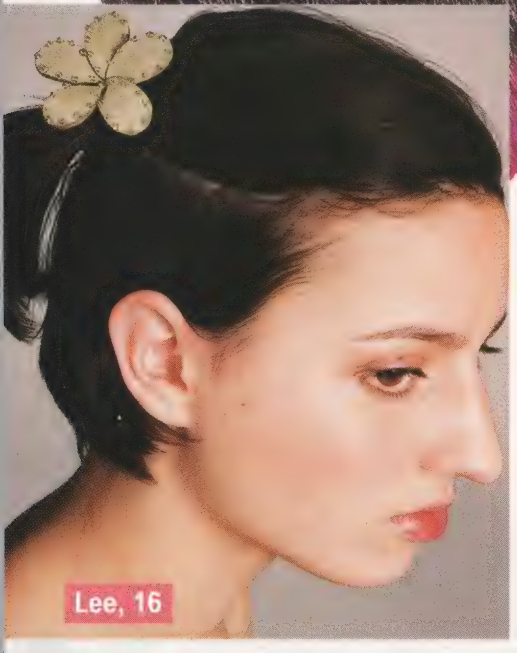
accessorize your hair

Five readers show you how to wear this season's cutest ponytail holders, clips, and headbands—a quick way to add personality to any hairstyle, whether it's short, long, straight, or curly.

fly girl →
Jane Tran, $36,
www.janetran.com

budding beauty
Alexia Crawford, $10,
shopalexiacrawford.com

Goevn, 18



Lee, 16

metal head →
Karina, $6, CVS stores

↑ mint condition
Alexia Crawford, $10,
shopalexiacrawford.com

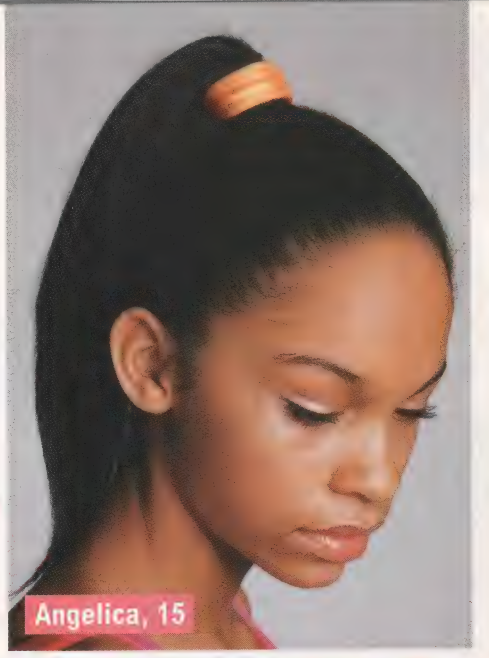
← letter perfect
Liz Claiborne Accessories, $10,
department stores

PHOTOS: REBECCA GREENFIELD. STYLIST: GIGI SOLIS SCHANEN. HAIR: HYUNSOO AT ARTISTS BY TIMOTHY PRIANO.COM. MAKEUP: SOKPHALLA BAN AT BRADLEY CURRY. STILL LIFES: GARRY MCLEOD.

17 TIP: Hard, metal ponytail holders are

↓heart of stone
Icing by Claire's, $6, Icing by Claire's stores

wrap it up →
Frédéric Fekkai, $35, 888-FFEKKAI



pony holders:

Give your everyday ponytail some more attitude by using a chic suede, jeweled, or leather elastic.

←black rose
Goody, $4, drugstores

↑puttin' on the glitz
Goody, $7 for two, drugstores

true blue →
Liz Claiborne Accessories, $14, department stores

disc-o fever →
Alexia Crawford, $10, shopalexiacrawford.com

most visible when worn in a low ponytail. Use ones made of flexible fabrics–like leather–for higher ponytails.

17 TIP: If your hair is short or thin, try small, dainty barrettes. If it's long or thick, choose larger, more prominent designs.

← blue chip
Goody, $3, drugstores

rock candy →
Marv Graff, $63,
800-631-3844

↓ bronze medal
Brad Johns, $45,
avonsalonandspa.com

↑ crystal clear
Marv Graff, $35,
800-631-3844

↑ firefly
Tarina Tarantino, $25,
tarinatarantino.com

featherweight →
Frédéric Fekkai, $55,
888-FFEKKAI

clips and pins:

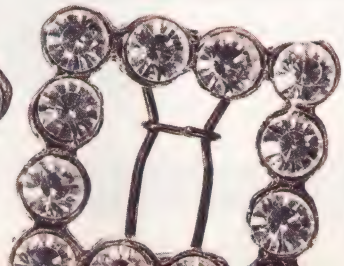
Barrettes studded with rhinestones or beads add a touch of femininity to your hairstyle in a snap.

jewel of the nile
Tarina Tarantino, $65,
tarinatarantino.com

↓ retro glam
T. Designs, $20,
800-972-4179

↑ simple elegance
Claire's, $7 for set of six, Claire's stores

↓ princess cut
Karina Girl, $6, Beauty First stores



← diamond setting
Claire's, $4,
Claire's stores

↑ stretch band
Frédéric Fekkai, $45,
888-FFEKKAI

cream →
of the crop
Cara NY, $25,
888-219-2888

headbands:

Solid colors work really well for your dressy occasions. Patterns look best with sportier outfits.

ribbon winner
Icing by Claire's, $6,
Icing by Claire's stores

← cutting edge
Icing by Claire's, $6,
Icing by Claire's stores

↑ satin lines
Rachel Weissman,
$50, 800-HBENDEL

white spots →
Rachel Weissman,
$50, 800-HBENDEL

← rainbow bright
Icing by Claire's, $5,
Icing by Claire's stores

← straight laced
T. Designs, $35,
800-972-4179

↑ initial offer
Rachel Weissman,
$23, Barneys New York

17 TIP: You don't have to comb your hair straight back to wear a headband. Instead, part it in the middle or on one side.

green

The instant they met, Gabe's eyes made Elise swoon. Then she shared a day with him that would change the rest of her life. By Caitlin Elizabeth Shaw

It's the kind of hot, lazy evening that makes you want to run down to Dairy Queen and pick up one of those chocolate-dipped cones and run home with it and not care if the pitter-patters of ice cream land on your flip-flops, because it's summer, and you're young and vivacious, and the world loves you, or at least it seems that way most of the time.

I've been in my new striped two-piece all day. Cute this suit may be, but cute doesn't matter when I'm trying to get comfortable in a scratchy woven hammock that constantly jabs my sunburned skin. But life seems pretty darn good. I'm just staring at the gleaming sun as it slips farther and farther down the sky, thinking about how my 48-year-old mother is due to have her accidental second child any day now. And I'm wondering if my maternity-distracted parents will let me take the truck down into town if I promise to be back soon, and not talk to strange boys, and put a shirt on, when all of a sudden there's a guy about my age not even 10 feet away.

"Hi," he says, giving me a floppy little wave.

"Uh, hi," I reply, not quite knowing what to make of this guy with curly brownish hair that's gone a little too long without a trim. He's kind of thin and pale for July, but that's fine by me. The creeping twilight obscures the color of his eyes. I hope they're green. Green eyes make me swoon.

"So, um, name?" I hear myself asking. I have no clue who he is, but I'd still feel stupid if I just came out and demanded that he get off my lawn.

"Oh, duh, sorry," he says, cheeks pinking just a smidge. "It's Gabe." And with that he strides right on over, grinning, and I see . . . he has green eyes.

"Nice to meet you," I finally get out. "El."

"L?" he repeats, confused. "As in . . . " contorting the thumb and forefinger of his right hand into the quintessential "loser" sign. Lord.

"Um, no, not quite. Elise. My name's Elise, but I just go by El since it's short and sweet."

Then a woman's voice sounds out from somewhere in the depths of the forests that surround our house, her voice echoing over the lapping waters of the lake. "Gaaaaayyyyyyyyaaaaabbbbbbe."

He cringes. "My mom. It was so great to meet you."

"Yeah, pleasure's all mine," I respond.

"So, well, gotta run, see ya," he says, slipping into the gathering shadows and vanishing. Strange, that boy.

Breakfast passes without incident the next morning. As always, I'm the one to start the conversation at the table.

"Hey, um, it's really nice out," I begin.

"Tell us something we don't know," my dad mutters.

"So," I press on, ignoring his insensitivity, "I was wondering if I could just sort of, like, commune with nature today. Walk around, you know." The words feel trite and forced.

"Sure, hon, that sounds great," smiles Mom, her plate propped up on her enormous belly. "Go right ahead. Just, you know, wear sunscreen, okay? And be back, I don't know, um, five-thirty? Five-thirty," she distractedly concludes.

"Cool, Mom, thanks. I will. Later, guys."

After eons of traipsing through the mosquito-infested woods, I finally arrive at Gabe's painfully run-down house. I raise my hand to knock, when suddenly the door swings open, only to reveal . . . not Gabe.

A platinum blonde squints at me, her skin weathered and wrinkled. "Yeah?" she barks.

"Um," I begin. Lord, this is not what I was expecting. I sort of had this idea that someone as intriguing and puppy-dog cute as Gabe would live in a palatial log cabin on landscaped grounds, flanked by gorgeous parents straight out of L.L.Bean.

"Well," I start again, nervously shifting my weight from one foot to the other, "do you . . . well, are you . . . ?"

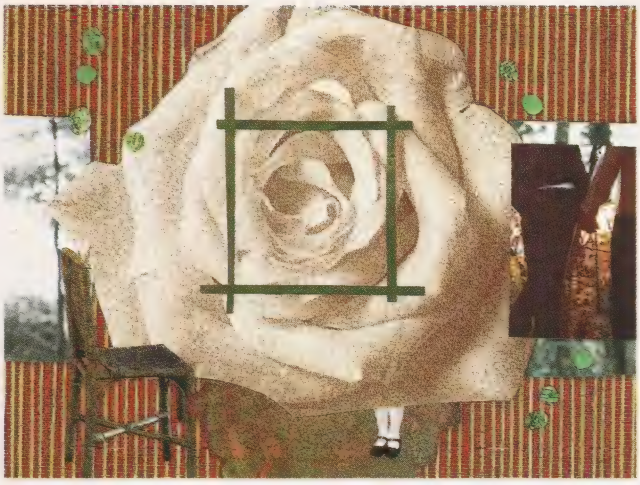
Then Gabe appears, a Greek god compared to his mother.

"Hey," he says.

"Hey," I reply, brilliantly.

"Mom, this is Elise," he explains as he grabs a brown paper bag off a grungy plastic end table. "We'll be back sometime, later, so . . . " →

ILLUSTRATION: KATY GREENE.



"Whatever," she grunts. "Not like there's any way you two could get into trouble out here in the middlanowhere . . . I still dunno why I let your cheap-ass dad buy this damn cabin."

"So, bye, Mom," Gabe continues, desperately trying to segue. She says nothing—just slams the door behind him.

Once we're sufficiently far away from the shack, Gabe lets out an audible sigh.

"Is she always so . . . " I ask.

"Yep," he answers.

"Sorry," I say.

"Thanks, but I'm used to it," he replies, eyes down.

"So, um, whaddya wanna do? I probably should've called or something," I eventually say.

"No prob," he says. "I kinda knew you were coming. We could maybe have a picnic if you want—I made sandwiches and grapes and brownies. Well, I didn't quite *make* the grapes. But you know."

Lord, he's so adorable.

"That sounds fabulous," I respond. "We have a little sailboat, if that sounds good. We could maybe take it out a ways and eat on the water."

He hesitates for a moment, then says, "I'm game." We finally reach my house, and it's time to go into covert mode. Past the bushes, onto the sand, into the water we go.

"Ever done this before?" I ask Gabe, who looks a tad nervous. Of course I only learned how to sail two weeks ago, but I don't mention that.

"Can't say that I have," he admits.

"Well, the most important part for you to remember is just to move over to the other side of the boat when I tell you, okay? It really is fun, once you get the hang of it." He smiles. I melt.

Shoot. I suddenly realize that the life jackets are piled up on our little beach. I'm about to ask Gabe if he'd be okay not going back to pick 'em up, when he says, out of the blue, "I think your eyes are so intense."

Oh. My. Lord.

"Yours too," I finally say, "with the greenness and everything." Eloquent.

"Really? No, but yours just seem kind of old and knowing . . . that sounds weird, sorry."

"Thank you," I say. Creatively accepting compliments has never been my forte.

By this time we've gotten pretty far from the house, and now is as decent a time as any to drop anchor. I just have this feeling, this sweet, sweet feeling. I don't think it's true love, but it's true, whatever it is.

"So what do you want to do? I mean, when you grow up," I inquire.

"Good question." He half laughs. "Something . . . something quiet."

"Come again?"

"You know, something where I can just sort of be by myself and write or think about things and somehow have it help someone. . . . It's incredibly vague, I know."

"Yeah," I agree, "but that's kind of exactly what I want to do too. I mean, it's not like I'm antisocial—I'm not—but I guess I'm not really a group person. I think people tend to be who they actually are when there aren't so many other people around to impress."

"Whoa, deep," Gabe says, faux-mockingly, but then he smiles, and I know he actually understands, and it isn't just one of those oh-how-nice smirks that adults are so fond of.

"College?" I ask, leaving the details open.

"We'll see," he shrugs, looking out at the water. "I have the grades, I guess, and the drive, or so says my guidance counselor." Eye roll. "But the money's not really there, so . . . "

And he trails off, swaddled in melancholy.

"You?" He grins up at me after a tranquil moment or two, trying to recover the carefree atmosphere that we'd brought with us to the slowly drifting boat that's making lazy circles under a steadily darkening sky.

"Hoping for the Ivy League," I say, "fingers crossed and all that. The thing is, though, I've been wondering lately if I want to go for the education or the people or just to go, you know, for the name. There's a ring to it, but I'm not sure I want that anymore. I just want somewhere where I can be whoever, whenever, and no one'll mind if it's not the same person every day." I stop abruptly, blushing.

"I respect that," he says. "I mean, I do. All the kids at school, they're all planning how they're gonna grow up and be rich and famous and fabulously beautiful, and who gives a damn if they never have to work for it or who they have to push around."

"You get pushed around," I say.

He nods. "Sometimes. Just . . . sometimes."

And impulsively I lean over and kiss him. Just a little peck on his almost stubbly cheek. As I scoot back to my seat, I steal a glance at his perfect eyes.

The rain finally starts to fall then. And it speeds up, the drops getting fatter and fatter. Now they sting as they slap my head and my hands.

Gabe's eyes are still beautiful, so green, and now there's something else there too, something scared, something that wanted to stay hidden but is being forced out.

"It's fine," I almost shout, the wind carrying my voice and throwing it in the wrong direction. "I've done this plenty of times. Just stay low, I have to turn us around, move when I tell you, okay?"

He stares at me. Then, for whatever reason, yells,

I just have this feeling. I don't think it's true love, but it's true, whatever it is.

"Thank you!"

"What?" I toss back.

"I've never done this, I've never done any of this." And the wind's so strong now, and the sky's so dark and sick and green, and the water's the same. "You showed me that not everyone's like them. I can see it in your eyes."

And I'm thinking to myself that I know exactly what he means and that we'll be fine—I just need to turn us around, but the boat's not moving, and I'm scared, so scared, and . . .

And then a monster gust of wind pulls back the boom and swings it forward again, and there's no time to move, and there's no time to warn him, and there's no time to think, and there's just no time.

I blink groggily—the bright, sun-drenched room slowly coming into focus. The whitewashed walls reflect the morning rays, making my eyes water, so I squeeze them shut again. My mother is conversing with an incorporeal voice.

"We were so surprised . . . yeah, yeah, I'm so happy, I know . . . uh-huh," Mom giggles. "No, it's blonde like her dad's . . . well, that was the strangest thing . . . the doctor thought it was so cute, said he'd never seen eyes like hers before . . . mmm-hmm . . . just letting her rest . . . yep, uh-huh . . . okay . . . love you too . . . buh-bye." She hangs up the phone, sighing heavily. "Shh, shh," she coos, "shhhhh."

I figure now is as opportune a time as any to make my wakefulness known, and inhale deeply. Mom glances up, her arm cradling a tiny bundle at her left breast.

"Honey? Oh, honey, are you waking up? Oh, sweetie, how do you feel?" The words seem to spill out of her.

"Who's that?" I creak. As I raise my hand to rub the grit out of my eyes, I notice that white plaster encases my arm from wrist to elbow.

"Oh, oh," Mom squeals, "look!"

"I'm looking," I say. "Who . . . when did that happen?"

"While you were out," Mom says excitedly. "I started having contractions around noon, and everything just happened so fast . . . we barely made it to the hospital, and then . . . and we tried to call the Andersons, you know, from two doors down, we tried to find you—they said they would go looking, but by then it was getting so stormy . . . I was so worried, *so* worried, honey . . . but now you have a sister, El, a sister!" Mom strokes the baby's flaxen hair and grins down at her.

"What . . . what's her name?" I ask softly.

"We can't decide," Mom says. "It'll come to us . . . oh, your dad, he's at home, I said that he should go. There's a lot of damage," she sighs.

"Was . . . " I ask, my voice starting to shudder. "Were people okay? I mean, no one was hurt, were they? I mean, it wasn't a hurricane. People don't die on lakes, right?"

"Well," Mom says, biting her lip, "we almost lost you, hon. It was so close. They said if Bob Anderson didn't find you *(continued on page 190)*

congratulations
to the rest of our 2004 winners!

2nd prize: Kathleen E. Bogart, Springfield, OR

3rd prize: Corrine Marie Engelgau, Cocoa Beach, FL

honorable mention:
Dianna Aguirre, Stockton, CA
Emma Clippinger, Cambridge, MA
Chelsea Foster, Painesville, OH
Hannah Klingner, Quincy, IL
Chelsea Rae Mize, North Port, FL

Special thanks to our judge, Maire Jaanus, English department chairperson and professor, Barnard College, New York, NY

prom dresses for $100 (and less!)

You'll look gorgeous without breaking the bank.
Photographs by Chris Coppola

DRESS Sizes 3–13, Alyn Paige, **$60,** Von Maur.
NECKLACE Swell, **$13,** Target.
BAG Christian Livingston, **$69,** select Nine West stores.
SHOES Sizes 5–11, Guess? Footwear, **$70,** Guess? stores.

DRESS Sizes 3–13, Rampage, **$58,** rampage.com.
HAIRPINS Icing by Claire's, **$6,** Icing by Claire's stores.
NECKLACE Lydell NYC, **$19,** lydellnyc.com.
CUFF Trifari Bridal, **$20,** Kohl's.

romantic

Try a delicate dress with vintage accents for a soft, feminine look.

DRESS Sizes 3/4–13/14, Urban Girl, **$100,** select JCPenney stores.
EARRINGS Liz Palacios Designs, **$38,** lizpalacios.com.
BRACELET Catherine Stein, **$18,** Marshall Field's.
SHOES Sizes 5½–10, Hot Kiss, **$40,** shoes.com.

DRESS Sizes S–XL, Zinc, **$54,** Nordstrom.
EARRINGS DiamondStar Collection, **$32,** Mervyn's.
RING Honore by Beth Rosen, **$30,** girlshop.com.
BAG Newport News catalog, **$78,** newport-news.com.

DRESS Sizes 3–13, Scene, **$99,** Macy's East.
TIARA Tiara Misu, **$46,** Arden B. stores.
RING The Limited, **$14,** The Limited stores.
SHOES Sizes 5–12, Caparros, **$65,** select Marshall Field's.

DRESS Sizes 3/4–13/14, Jump Apparel Co., **$100,** Dillard's.
EARRINGS Van Hill, **$18,** e-jules.com.
GLOVES Claire's **$10,** Claire's stores.
CLUTCH Metaphor, **$15,** Sears.

classic

Pick a clean, simple shape to let sparkly accessories shine.

DRESS Sizes 3–13, Morgan & Co., **$99,** David's Bridal.
EARRINGS Givenchy, **$30,** Macy's.
NECKLACE All the Rage Online, **$22,** alltherageonline.com.
SHOES Sizes 5–11, Carlos by Carlos Santana, **$89,** shoes.com.

DRESS Sizes 1–13, Jessica McClintock, **$95,** Jessica McClintock stores.
SCARF Worthington, **$36** (includes an evening bag), select JCPenney stores.
BRACELET Monet, **$28,** Marshall Field's.
BAG Colorful Creations, **$25,** 800-714-1676.

DRESS Sizes S–L, Hot Kiss, **$45,** Charlotte Russe stores.
NECKLACE Blue J., **$20,** bluejnyc.com.
BRACELET Bijoux Luck, **$29,** bijouxluck.com.
SHOES Sizes 6–11, Nine West, **$69,** Nine West stores.

DRESS Sizes 2–14, Express, **$68,** Express stores.
HAIR CLIP Icing by Claire's, **$6,** Icing by Claire's stores.
RING Guess? Jewelry, **$18,** Guess? stores.
BAG Caché, **$40,** Caché stores.

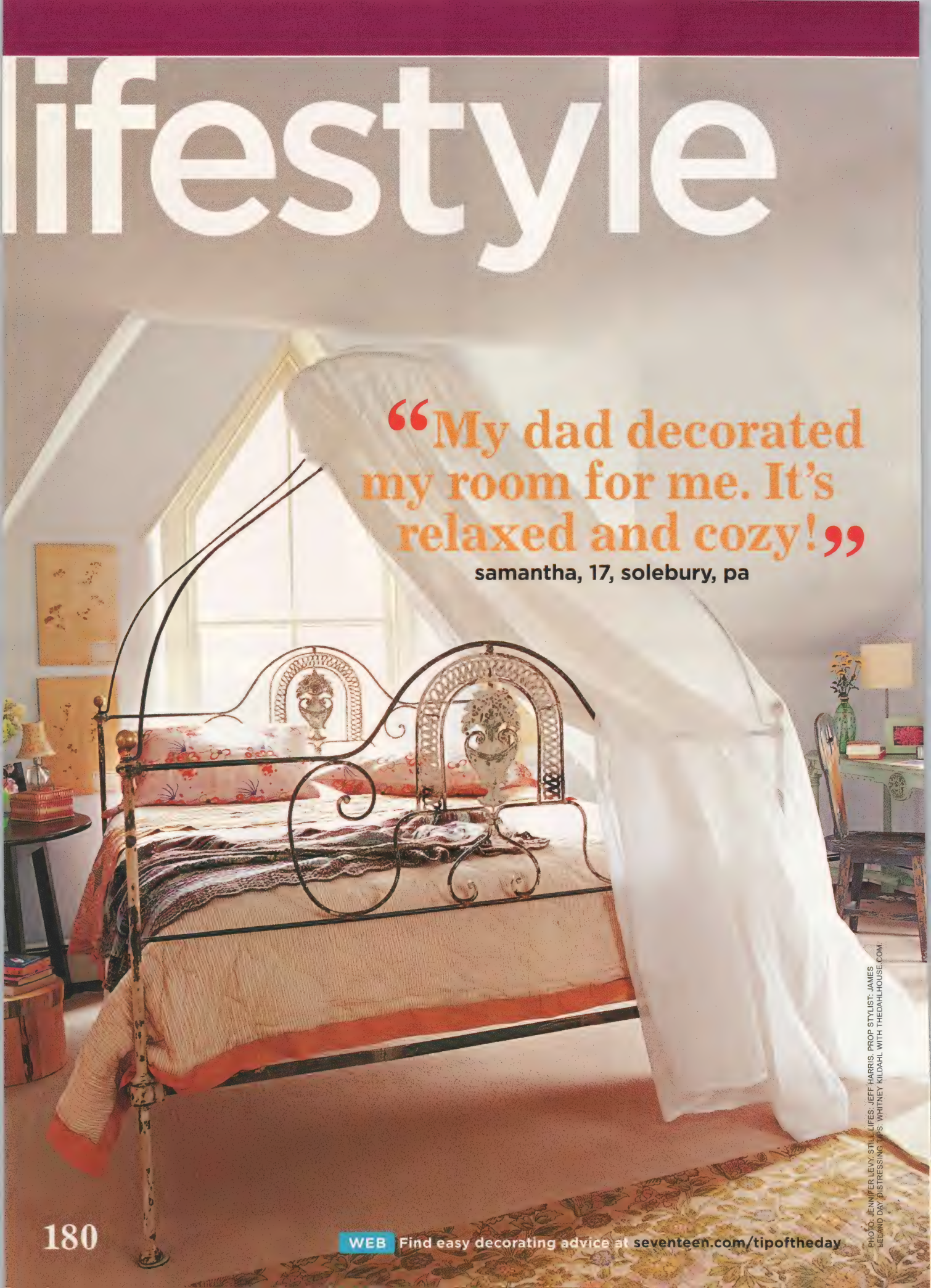
wild

Rock a glam dress with attention-grabbing jewels and heels.

DRESS Sizes XS–L, City Triangles, **$90,** windsorstore.com.
EARRINGS Elise Perelman Fine Jewelry, **$39,** lunessa.com.
BRACELETS Alex and Ani, **$78** for a set of five, alexandani.com.
BAG Accessory Exchange, **$17,** Burlington Coat Factory.

DRESS Sizes S–XL, GoJane, **$70,** gojane.com.
EARRINGS H&M, **$3,** H&M stores.
CUFF Amici, **$4,** amiciaccessories.com.
SHOES Sizes 6–10, Nina, **$85,** select Nordstrom stores.

lifestyle



"My dad decorated my room for me. It's relaxed and cozy!"

samantha, 17, solebury, pa

WEB Find easy decorating advice at seventeen.com/tipoftheday

PHOTO: JENNIFER LEVY; STILL LIFES: JEFF HARRIS. PROP STYLIST: JAMES LEDMID DAY. DISTRESSING TIPS: WHITNEY KILDAHL WITH THEDAHLHOUSE.COM.

a little bit country

All *you* need to get this look are a few girly pieces and our easy tips on how to distress your furniture.

Name: Samantha
Age: 17
"I've always had an antique bed. I especially love the canopy!"

FEMININE CHARMS

Simple ways to add old-fashioned romance to your bed.

CANOPY NETTING

Fishnet Canopy, PBteen, $79, 866-472-3001

FLORAL PILLOWCASES

Pillowcases, Urban Outfitters, $24, Urban Outfitters stores

17 how-to tips: distressing wood

Try these six easy steps to make new wood look old (like Samantha's chair). Try it on a frame, a table, anything!

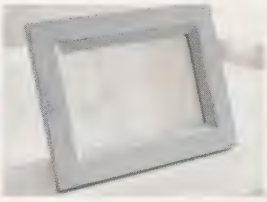
1 Assemble your tools: a brush, a hammer, two flat paints (light and dark), cloth, sandpaper, and bowling wax.

2 Use a hammer to tap little dings onto the edges and corners of the wood object you want to look beaten up.

3 Brush on a base coat of the darker paint color. Let dry. Top with a coat of the lighter paint color. Let dry.

4 Lightly rub the edges with sandpaper to let hints of the base color show through.

5 Using a piece of cloth, rub wax all over. Let dry. Buff with a clean cloth until shiny.



6 Your distressed object is ready. Now all you need to do is figure out where to put it!

17 traveler

new orleans

During Mardi Gras, this Louisiana town hosts the *ultimate* spring break block party. BY sara stillman

GOTCHA! In a Mardi Gras crowd of almost 500,000, Ashton's face stands out!

★ celeb alert!

They love the slow pace of the Big Easy (New Orleans's nickname).

LANCE BASS

The pop star loves New Orleans jazz—it's no surprise, since he grew up nearby.

KATE HUDSON

When she and Chris Robinson visit, they catch live jazz at The French Quarter Bar.

BRITNEY SPEARS

Born in Kentwood, LA, an hour and a half from New Orleans. Her dad's still there.

JOHN CUSACK

He filmed *Runaway Jury* here in fall 2002 and took the cast on a swamp tour.

the french quarter

A historic area founded by the French in 1718.

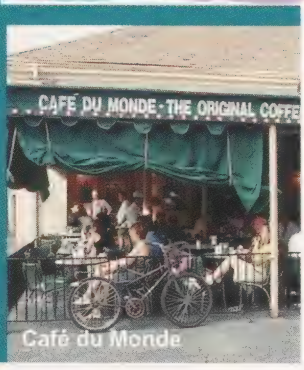
MARDI GRAS
Beware! This traditional pre-Lent celebration gets raunchy. Scantily clad revelers abound during the event's 50-plus parades (from February 13 to 24).

JACKSON SQUARE
Stop by this famous plaza to get your fortune told, your portrait sketched, or just to sit on the steps of St. Louis Cathedral.

BOURBON STREET
The main drag (and center of Mardi Gras festivities) is packed with jazz clubs, stores selling everything from T-shirts to voodoo potions, and more—all till the wee hours.

FRENCH MARKET
This bustling open-air mall (built in the 18th century) has vendors selling cute jewelry, clothes, and all kinds of souvenirs.

CAFE DU MONDE
Eat beignets (fried dough doused in sugar), sip a café au lait, and watch the crowds pass by at the city's most famous cafe (it's in Jackson Square).



Café du Monde

fun facts

Up to 15 percent of the locals practice voodoo, more than in any other U.S city!

Magazine Street, minutes from the French Quarter, is a cute, hip shopping area.

The dead are often buried *above* ground here because the area's so swampy.

The city is known for Creole food. Gumbo is a good dish to try (it's like a spicy stew).

JeanTherapy

don't miss . . .

Cool stuff to see and do *outside* the French Quarter.

JEANTHERAPY
The staff at this trendy boutique is specially trained to find the hippest, best-fitting jeans for your body. *5505 Magazine St.; 504-897-5535*

CAMELLIA GRILL
Hop on the Saint Charles streetcar for a ride to this famous diner. The grits rock! *626 S. Carrollton Ave.; 504-866-9573*

MID-CITY LANES ROCK 'N' BOWL
Tom Cruise once bowled at this alley. Live music at night. *4133 S. Carrollton Ave.; 504-482-3133*

To find out more, log on to frenchquarter.com.

"CELEB ALERT" PHOTOS, CLOCKWISE FROM TOP LEFT: RUSS EINHORN/SPLASHNEWS.COM, RONALD ASADORIAN/SPLASHNEWS.COM, GLENN WEINER/ZUMA PRESS, KEVIN MAZUR/WIREIMAGE.COM; ASHTON: SARA JAYE/GETTY IMAGES. CAFE DU MONDE: ROBERT CROSS/CHICAGO TRIBUNE/NEWSCOM.COM. STORE: COURTESY OF JEANTHERAPY. ILLUSTRATION: GINA TRIPLETT.

Advertisement

Before After
Alanna B. Moncrief, age 19

Before After
Will Pickering, age 15

Before After
Bryan Waugh, age 13

Before After
Amanda Horzen, age 19

Before After
Garret Delk, age 14

Before After
Barbara Sprague, age 22

Before After
Kia Smith, age 17

Before After
Nichole Mauricio, age 17

Before After
Mike Anderson, age 15

Actual un-retouched photos. Individual results vary.

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The pictures you see are unretouched. The lives, however, have been changed forever. Thanks largely to Proactiv® Solution, proven effective in fighting acne blemishes for so many teens.

Rather than a spot treatment, Proactiv® Solution is combination therapy developed by dermatologists. Besides healing existing blemishes with prescription-grade ingredients, it fights acne proactively by helping to prevent breakouts before they start. And this 3-step system of therapeutic Renewing Cleanser, soothing Revitalizing Toner, and medicated Repairing Lotion is so gentle that your skin can clear up without dryness, redness, or irritation.

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Proactiv® Solution even comes with a 60-day money back guarantee. If you're not satisfied, send back the bottles (even if they're empty) and we'll send you a full refund (less s&h). So don't wait. You've got nothing to lose. And the benefits are so very clear.

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2 Free Bonuses, a $20 Value

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Acct.#_____ Exp._____

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going away on spring break?

Our travel guide has everything you need to take off in style. BY carrie sloan

find your suitcase

There's a perfect option for every destination. Here's what to carry where.

europe
Enough storage space for your transatlantic adventure. Protocol, $125, JCPenney

city trip
This small roller is chic and very portable. Billabong, $100, billabonggirls.com

ski country
A rugged, water-repellent way to transport your gear. Eddie Bauer, $80, Target

florida
A cross between a fun duffel and a practical suitcase! Roxy by Quiksilver, $115, Nordstrom

las vegas
Pretty and roomy, it's the perfect weekend bag. LeSportsac, $87, lesportsac.com

the caribbean
Fun yet compact, it's ideal for island-hopping. Kipling, $56, Bloomingdale's

HOT SPOTS

Travelocity.com polled 4,500 spring breakers. Here's where *they're* headed:

#1 FLORIDA 23%
the place to be:
Daytona Beach
Fort Lauderdale

#2 BIG CITIES 17%
the place to be:
New York City
Los Angeles

#3 EUROPE 16%
the place to be:
London
Barcelona

#4 CARIBBEAN 8%
the place to be:
Bahamas
Jamaica

#5 LAS VEGAS 7%

#6 SKI COUNTRY 6%
the place to be:
Vail, Colorado
Park City, Utah

other hot locations:
California, Mexico, South Padre Island, and Hawaii

pack perfectly

Tips on how to make the most of your suitcase.

1. PILE IT ON
To avoid wrinkles, stack unfolded pants in a pile. Fold the whole pile widthwise. Then fold lengthwise as shown.

2. WRAP IT UP
Next, fold delicate clothes in sheets of tissue paper and place them on top of everything else to keep them from creasing.

3. SORT IT OUT
Bring a trash bag to keep your dirty clothes separate during the trip.

4. KEEP IT ZIPPED
Enclose all of your toiletries in Ziploc bags to prevent them from leaking en route.

5. BULK *DOWN*
Pack heavier items like thick sweaters on the bottom of your bag to compress them, then stack lighter clothes on top.

6. ROLL IT UP
Once you're packed, undies can be rolled and tucked around the edges of your bag to save space.

7. TUCK 'EM IN
Finally, roll socks into balls, and stuff them in your shoes to save more room.

17 TIP: When you're done packing, weigh your suitcase on the bathroom scale. Due to new airline rules, you'll be charged a fee for any suitcase over 50 pounds!

jet-set travel tips

The one thing these celebs won't fly without.

AMANDA BYNES
A hoodie! Try: A velour one by Juicy Couture, $88 at Bloomingdale's.

ASHANTI
An eye mask. Try: Eye Mask Sleep Shade, $10 at goingin style.com.

MINNIE DRIVER
Leg warmers. Try: Cotton ones by Capezio, $14 at capezio dance.com.

MAGGIE GYLLENHAAL
Dr. Hauschka products. Try: The Daily Body Care Kit, $16 at Whole Foods stores.

WEB For more travel tips, visit seventeen.com/lifestyle

STILL LIFES: JEFF HARRIS. CELEB PHOTOS, FROM LEFT: JASON MERRITT/FILMMAGIC.COM, STEVE GRANITZ/WIREIMAGE.COM, PHIL LOFTUS/CAPITAL PICTURES/IPHOTO.CA. GREGORY PACE/FILMMAGIC.COM.

CHEF'S SPECIAL: *Seventeen* reader Kelly, 17, and her friend Austin, 21, enjoy Mario's yummy feast.

italian for beginners

World-famous chef **Mario Batali** shows you how to cook up an amazingly delicious meal for two.

PHOTOGRAPHS BY hugh stewart

MENU

appetizer
italian grilled cheese

salad
mixed greens with parmigiano shards

"mocktail"
mario's pear "bellini"

main course
baked ziti with ricotta

dessert
cinnamon-scented chocolate pudding

italian grilled cheese

- 1 pound fresh mozzarella, cut into four 3x4-inch slices
- 4 slices white sandwich bread, with crusts cut off
- 3 eggs
- ¾ cup whole milk
- 1 tsp. chopped fresh thyme leaves
- 1 tsp. salt
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. butter

1 Divide the 4 slices of mozzarella on 2 slices of bread. Cover with the 2 remaining slices of bread to form sandwiches.

2 In a bowl, whisk the eggs until light and frothy. Then add the whole milk, chopped thyme, and salt. Dip the sandwiches into the mixture one by one to coat both sides, and set aside.

3 In a nonstick sauté pan, heat 1 tbsp. olive oil and 1 tbsp. butter over medium heat. Place a sandwich in the pan and cook until golden on one side. Then flip and cook the other side. Repeat with the remaining oil, butter, and the second sandwich. Slice sandwiches into quarters and serve immediately, garnished with thyme sprigs (optional).

MAKES: Two servings (four pieces each)

mario's pear "bellini"

- 1 6-oz. bottle of club soda, chilled
- 1 cup pear or peach nectar, strained and chilled
- 2 champagne flutes or other glasses

1 Open the club soda and let it sit, open, in an ice bucket for 5 minutes. Evenly pour the nectar into 2 chilled champagne flutes. Add the club soda, filling each champagne flute to within a ½ inch of the top. Serve immediately.

MAKES: Two servings

17 TIP: Vinaigrette can be refrigerated for up to one week in an airtight container.

mixed greens with parmigiano shards

- 1 tbsp. sugar
- ¼ cup red wine vinegar
- Salt and freshly ground black pepper, to taste
- ¾ cup extra-virgin olive oil
- 3 cups mixed greens, carefully washed and dried
- ¼ lb. Parmigiano-Reggiano cheese

1 Whisk the sugar into the vinegar. Season with salt and pepper. While whisking continuously, slowly add the extra-virgin olive oil.

2 Toss 2 tbsp. (or more, to taste) of this vinaigrette with the mixed greens. Divide equally on two salad plates.

3 Using a potato peeler, shave several long shards of Parmigiano. Lay them over the top of each salad. Serve immediately with extra vinaigrette on the side.

MAKES: Two servings

baked ziti with ricotta

- ½ lb. ziti
- ¼ lb. fresh ricotta cheese
- ¼ lb. pecorino cheese, cut into small cubes
- Olive oil to grease baking dishes
- 2 cups basic tomato sauce (recipe below)
- ¼ lb. Parmigiano-Reggiano cheese

1 Preheat the oven to 350°. Cook the ziti according to the package directions, until tender.

2 While the pasta is cooking, place the ricotta in a bowl and add a half cup of the pasta's cooking water to make it like a thick sauce. Drain the pasta and add it to the ricotta mixture. Add the pecorino and stir.

3 Grease the insides of two single-serving, oven-safe dishes (buy them at your supermarket, or use an 8-inch baking dish) with olive oil. Place a ladle of sauce in the bottom of the casserole dish. Add a layer of the pasta and cheese mixture. Top with a few shavings of the Parmigiano-Reggiano. Keep adding layers of sauce, pasta, and Parmigiano-Reggiano until all ingredients are used up and the baking dishes are just about full. Bake 15 minutes or until cheese is golden.

MAKES: Two servings

BASIC TOMATO SAUCE

- ¼ cup extra virgin olive oil
- 1 Spanish onion, chopped in ¼-inch pieces
- 4 garlic cloves, peeled and thinly sliced
- 3 tbsp. chopped fresh thyme leaves, or 1 tbsp. dried thyme
- ½ medium carrot, finely shredded
- 2 (28-oz.) cans of peeled whole tomatoes, crushed by hand (including juice and pulp)
- Salt, to taste

1 In a 3-quart saucepan, heat the olive oil over medium heat. Add the onion and garlic and cook until light golden brown (8 to 10 minutes).

2 Add the thyme and carrot and cook 5 minutes more. Mix in the tomatoes and their juice and bring to a boil, stirring often. Lower the heat.

3 Cook over low heat for 30 minutes. Add salt.

STORAGE: Sauce will keep a week in the fridge.

MAKES: Four cups (store two in an airtight container for another night)

cinnamon-scented chocolate pudding

- ½ cup unsweetened cocoa powder
- 2½ cups all-purpose flour
- ½ cup sugar
- 2 cups whole milk
- 6 oz. semisweet chocolate, coarsely grated
- ½ tsp. vanilla extract
- ½ tsp. ground cinnamon
- 2 tbsp. pine nuts, baked for 8 minutes at 400°

1 Blend the cocoa powder, flour, and sugar in a mixing bowl. Slowly whisk in a bit of the milk to form a paste, then add the remaining milk to make a thin batter.

2 Transfer the mixture to a large saucepan, and stirring constantly over medium heat, slowly bring to a boil.

3 Remove from heat. Add chocolate, vanilla, and cinnamon. Stir well to melt chocolate. Fill four 6-oz. ramekins (or small bowls) ¾ full and let cool. Sprinkle each with pine nuts. Chill until ready to serve.

MAKES: Four servings (two for now, two for your parents!)

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(continued from page 175) when he did . . . " She's brushing her right hand across her eyes, leaving wet patches to glisten on her cheeks. "God, baby, you had us scared."

I can breathe. I exhale loudly. "Great, I mean, not great that you were scared, I should have come in sooner, it just came up so fast, I'm so sorry, I won't go sailing again, I promise."

Mom shakes her head. "Well, the boat's wrecked, hon, totally wrecked."

I close my eyes. "I'm sorry," I say again, quietly. But if Gabe's okay, there's no need to tell her about our little lake escapade, no need to worry her about my carousing with the neighbor boy the day after we met. I'm just so glad no one else was hurt.

"And there was that boy," she suddenly says. "I don't know his name." I freeze.

"His parents, I didn't know them, sort of kept to themselves," she continues. I clench my teeth so hard that my jaws ache.

"They found him just a couple of hours ago. They think maybe he went out to make sure their rowboat was tied up out in the water, and the storm just caught him by surprise—he couldn't swim . . . can you imagine that, living by the lake and not being able to swim?"

"No," I whisper, licking my lips. My skin is tingling. "Is he . . . "

"He drowned. Really sad, huh? I guess he was right about your age . . . but don't worry about that, hon, don't even think about that right now. We're just so glad you're okay." She leans down, still holding the baby, and kisses my cheek.

"Here, you wanna hold her? Just, here, just make sure you watch her head . . . oh, honey, I know, I cried when I first saw her too, she's so beautiful, huh? Your dad even got a little misty, can you imagine? It was pretty amazing."

I nod. I cannot do anything else.

Mom awkwardly lays the warm, soft bundle in the crook of my unbroken arm. A salty tear drops off my chin and lands on my newborn sister's perfect, perfect cheek.

"Gabriella," I murmur as I delicately kiss her petal-soft forehead.

"Gabriella? Gabriella," repeats my beautiful, exhausted mother. "Yes, that's just it, that's it. It suits her, I think," she says, wiping the tears from her eyes and then from mine.

I say nothing more. I don't know what to do, I think, I don't know what is going to happen. I don't know anything anymore.

I search Gabriella's clear green eyes for an answer but find none. Only childlike innocence—and wisdom she's far too young to possess. 17

Caitlin Elizabeth Shaw is 19. She lives in Minneapolis.

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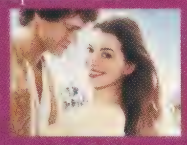

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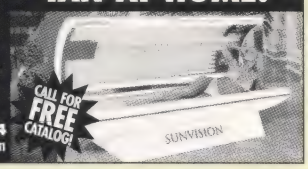

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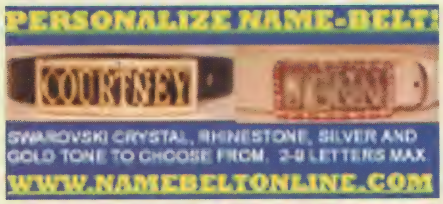
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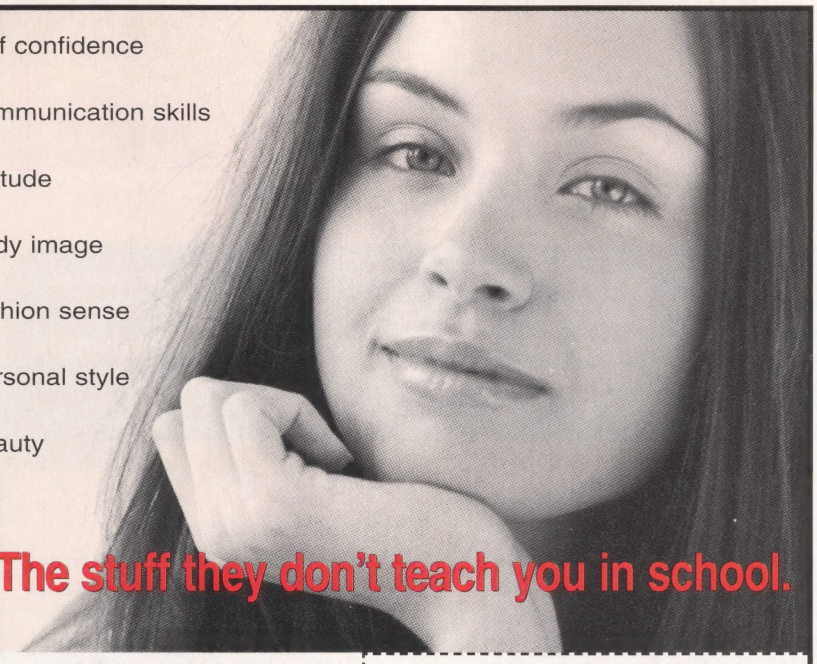

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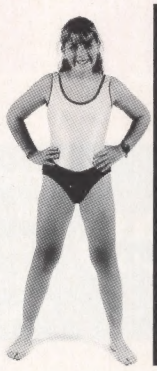

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your horoscope!

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pisces

Pisces girl: You are dreamy, romantic, artistic, *and* easily the most glamorous sign of the zodiac! **Special trait:** You think with your heart more than your head. **Special secret:** You're surprisingly good with your hands. **Best matches:** Cancer, Scorpio, and Taurus. **Best avoided:** Leo, Libra, and Sagittarius.

PISCES
February 19–March 20

Life has been tough lately, but this month you're going to feel wiser and stronger than ever! Saturn, planet of material values, will tempt you all year. Don't lose sight of what makes you special: your kindness and compassion. If you hold out for what you're *really* after—true love—you might find it.

ARIES
March 21–April 19

Self-confidence is rarely a problem for you, but there will be times this month when doubts creep in. You may wonder if you've taken on too many challenges or made too many promises. Those doubts will pass when the sun enters your birth sign on the 20th. By the 31st, it will be as if they never existed.

TAURUS
April 20–May 20

This will be a fun month, and the more time you spend with your friends and other people who share your interests, the happier you'll be. With Venus transiting your sign starting March 5, you will also be more forgiving of people who *do* let you down. After all, they are only human, like you.

GEMINI
May 21–June 20

You may be determined to show those who doubt your abilities that you have what it takes, but ask yourself: Is it worth the effort? Feeling the need to prove yourself can be frustrating—and a hard habit to break. The most important thing is not that others respect you, but that you respect yourself.

CANCER
June 21–July 22

A change of scenery will do you good this month, so don't mope—get out there and *make* things happen. The full moon on the 6th will do wonders for your sense of adventure, though it could wreak havoc on your sense of direction! Oh well. No matter *where* you end up, you'll definitely be having fun.

LEO
July 23–August 22

The sun in Pisces at this time of year might make you feel low, but you won't be down for long. The new moon on the 20th means a new phase of your life is starting. By the end of March you'll be carefree. Just don't be *too* free with your money, or your generosity could leave you shortchanged.

VIRGO
August 23–September 22

Okay, so you may not be the most passionate member of the zodiac, but there will be times this month (most likely when the moon is full on the 6th), when emotions you have been trying so hard to deny will be exposed. Embarrassing? Maybe, but you'll feel better! How others feel remains to be seen.

LIBRA
September 23–October 22

How to manage all your work and stay healthy is your main issue this month, and the big message is: Don't push yourself too hard! You may be ambitious by nature, but don't do anything to risk your health, especially on the 12th. Sure, accidents happen, but they don't have to happen to *you.*

SCORPIO
October 23–November 21

Venus, planet of love and harmony, will move into the partnership area of your chart on March 5. Even if you are dominant by nature (as many Scorpios are), you will be a lot more willing to meet others halfway. Romantically too, you will have a lot going for you right now. It's not the time to play hard to get!

SAGITTARIUS
November 22–December 21

You would like to be friends with everyone, but the Mars entry into Gemini, your opposite sign, makes that unlikely this month. Someone who resents your popularity will go out of their way to talk you down and make you look bad. Go out of *your* way to ignore it. That will bug them more than if you get angry.

CAPRICORN
December 22–January 19

Anyone who considers you too cautious will have to think again. You're about to do and say things that disrupt the status quo—and make some radical new friends. *Old* friends might wonder if you've gone crazy. No, you haven't. But you're about to discover that your actions *can* make a difference.

AQUARIUS
January 20–February 18

Clothes, cars, and cool new things are important to you right now. Just don't make possessions *too* important, since you may have to part with (or put off buying) a few things before March is over. Above all, don't let stuff come between you and a friend. Nothing you own can replace affection and loyalty.

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